"EFFECT OF SELECTED EXERCISE IN YOGA ON MOTOR FITNESS AND FOOTBALL SKILLS OF BOYS AGES 14 TO 16 YEARS".

Post-Doctoral Research Work Submitted

To

Indian Council of Social Science Research New Delhi

F.No.3-41/2019-20/PDF/GEN

Submitted By

Dr. JYOTI AWATI

ICSSR Post-Doctoral Fellow

Research Guide

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2022

INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH
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Dated: 03.12.2019

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Subject: ICSSR Post-Doctoral Fellowship for the Year 2019-20.

Dear Dr Jyoti Awati,

On behalf of the ICSSR, I am pleased to inform you that you have been provisionally recommended for award of ICSSR Post-Doctoral Fellowship for the year 2019-20 to work on ***"Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years "*** under the supervision of **Dr Rajkumar P Malipatil.**

The recommendation has been made in accordance with the procedure laid down in the ICSSR Guidelines for Post-Doctoral Fellowship Scheme. Fellowship will be governed and monitored by the terms and conditions mentioned therein. The Guidelines can be seen on www.icssr.org. To join the ICSSR Fellowship, you need to agree with the Terms and Conditions/Guidelines and submit the following documents, duly forwarded through the competent authority of the University/Institute/College of affiliation within two weeks from the date of this letter:

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2. Joining Report
3. Declaration and Undertaking (each on non-judicial stamp paper of Rs.100/-)
4. Details of the bank account of the affiliating Institution duly PFMS linked to ICSSR 0877 to receive fellowship amount from ICSSR.
5. Grant-in-aid bill for releasing the first instalment of fellowship
6. Self-attested copy of Ph.D. Degree, SC/ST/PwD Certificate *(if applicable and if already not submitted)*

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Please take a note of the following suggestions given by the Experts during personal interaction and incorporate the same in consultation with your Supervisor before commencement of your research work:

1. The experimental methodology needs to be refined in order to get the exact impact of yoga.

After receipt and acceptance of these documents by the ICSSR, a formal Sanction Order for the award of the Post-Doctoral Fellowship will be issued and subsequently the Fellowship shall be transferred to the affiliating Institution in their PFMS linked account. In case, the awardee does not join within two weeks from the date the issue of this Award Letter, the Application shall be treated as withdrawn. In case of any difficulty in joining, the awardee is required to inform the ICSSR and take its permission for any delay.
With best Wishes,

Yours sincerely,

(S.M. Verma)

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I hereby declare that the Post-Doctoral research work entitled **"EFFECT OF SELECTED EXERCISE IN YOGA ON MOTOR FITNESS AND FOOTBALL SKILLS OF BOYS AGES 14 TO 16 YEARS".** being Submitted through the Indian Council of Social Science Research, **Aruna Asaf Ali Marg, New Delhi**, in partial fulfillment of the requirement for the degree of Post- Doctorate in Physical Education is an original piece of research work done by me and that it has not previously submitted elsewhere for the award of any degree, diploma or any other academic qualifications, fellowship or any other similar title.

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Date: **Dr. JYOTI. AWATI**

Place: Vijayapura **(ICSSR Post-Doctoral Fellow)**

KARNATAKASTATEAKKAMAHADEVIWOMEN'SUNIVERSITY,VIJAYAPURA.

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This is to certify that this Post-Doctoral research work entitled **"EFFECT OF SELECTED EXERCISE IN YOGA ON MOTOR FITNESS AND FOOTBALL SKILLS OF BOYS AGES 14 TO 16 YEARS".**Submitted by **Dr. Jyoti.Awati**for the Degree of Post-Doctorate in Physical Education to the Indian Council of Social Science Research, **ArunaAsaf Ali Marg, New Delhi**, is based on the results of the study carried out by her under my guidance and supervisions.

This Post-Doctoral research work or any part thereby has not been submitted elsewhere for the award of any other degree.

Date: **Prof.Rajkumar.P.Mlipatil**

Place:Vijayapura **(ResearchGuide)**

CERTIFICATE

This is to certify that Five publications in the form of articles on the research topic have been published in Peer-Reviewed refereed journals and conference proceedings.

PROF. RAJKUMAR.P.MALIPATIL
(Research Guide)

DR.JYOTI.AWATI.
(ICSSRPost-DoctoralFellow)

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Date: **Dr. Jyoti. Awati**

Place: Vijayapura **(ICSSR Post-Doctoral Fellow)**

DEDICATION TO MY BELOVED

Husband

RAJKUMAR MULASAVALAGI

Mother

Smt. KALAVATI. AWATI

Brother

ANANAD AWATI

All My Family Members and Relatives

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CHAPTER-I

INTRODUCTION

Yoga is a methodical practice for the consciousness of superior perception. It is the science of being. And think about how the technique of living provides systemic benefits to the corpse, peace to the brain, and agreement to the soul, and therefore offers a work of art to life. In other words, yoga is a way to achieve whole fitness, peace, heaven, and understanding. The bodily, cerebral, and religious aspects of yoga help one to make one's time focused, useful, and noble. Thus, yoga is an art, science, and philosophy that affect the life of a person at every level. That is why the effect of yoga has to be felt in every aspect of our day-to-day lives.

Yoga is the earliest science to teach us how to live in unity with ourselves and those around us. It is considered one of the most well-known and expensive heritages in India. More than 2000 years ago, our sages and saints developed it to bind the body, mind, and spirit as a musical whole.

Yoga has been developing with hard-to-believe rapidity over the years. These days, we are seeing that the whole world is looking towards yoga for answers to the various problems that the current gentleman is facing.

The word "Yoga" is derived from the Sanskrit origin "YUJ," which means wealth union, blending, integration, getting in touch with, or joint. It is among the person's attentiveness and general knowledge. That is the inclusion of well-disciplined wits for the purpose of saintly increase. Yoga is too agreeable to make contact with the high-level heart, superior to the peak of being familiar with the basics. It harnesses the original interior control of a big shot, as healthy as furious on or after the slat normal services. Yoga is an important element of Indian life. It has approached us since the beginning with a steady ritual.

Yoga is a technique of living and an included arrangement of teaching designed for the dead body's brainpower and internal guts. This art of good living was initiated in India thousands of years ago, but, as yoga deals with universal truths, its principles are as valid today as they were in ancient times. Truly speaking, yoga is a practical aid that does not belong to my religion but was ignited by Lord Shiva

Annant Bhart (2012), and its techniques could be practiced by Hindus and Buddhists. Jews. Christians, Muslims, and atheists alike Yoga is the union of the soul with the universe, kindly (1996). It brings peace to human beings through physical and mental practice, with or without a toner on spiritualism.

Since we live in the age of modern science and technology, our lifestyle has changed very quickly. The days become very hard and difficult to live a natural and normal life because of the changing scenario of the world. And the air is becoming polluted for human consumption. Our cities are growing dirtier, noisier, and more congested. These things do create tension, and the mind is always under strain due to various social evils. When we are under stress, our digestion is not proper, and we may suffer some fairly serious ailments like deformities, psycho-somatic disorders, etc., and yoga works as an instrument to our rescue at this juncture.

In the treatment of almost all chronic disorders and diseases, yoga can be extensively used while practicing with different streams of treatment. Whereas it is not a panacea for all health problems and has its limitations. Also, it cannot cure traumatic acute infectious disorders. Obviously, it is possible to carry out surgical operations. But under able guidance, it can help with operational therapy. Joshi. (2005).

The key to the whole problem is self-help. First of all, you should learn daily how to release and remain released. Learn how to breathe properly, lose weight, and take up walking regularly as an exercise. We have our "bad days" once in a while, but we can become resilient. We can acquire energy to remove tension and survive in stressful situations. Therefore, yoga teaches us to be with the world as beings one with ourselves.

Yoga is practical to the highest degree; it is an art in all its aspects. The objective of yoga is to achieve the perfection of both intelligence and perfection, so that the artist becomes dedicated, truthful, and pure. It demands almost total relinquishment of an interest in other activities of life except for the chosen path. The mind is fluid and seeks sensual pleasure. Art demands total undivided focus, so Patanjali explains that the mind should be controlled and then submitted to the artistic nature of yoga to its highest potency. Yoga or any other discipline needs acute

sharpness of intellect and alert organs of perfection. There is no competition in yoga, but it requires freedom to think and rebuild with a desire to perform better. Then it provides the highest knowledge.

To think and rebuild, wherever the yogi is and whatever he does, his thoughts are contained in spiritual communion, which takes him to the Zenith of spiritual life. **Iyengar, B.K.S. (1993).**

Indian classical thoughts keep salvation as the ultimate objective of human endeavor. This idea of achieving (Mokshan) salvation can be achieved in different ways, viz., karma yoga, bhakti yoga, kundalini yoga, raja yoga, gyana yoga, etc. In the time allotted, we shall briefly consider Ashtanga yoga and Raja yoga as propounded by Maharishi Patanjali and Swami Vivekananda, respectively.

Integration encompasses keeping things together and controlling them judiciously. It is following the definition of yoga in the Bhagavad Gita that Lord Krishna says, samtvameva yoga unchaste, that is, equanimity is called yoga. This means that yoga is equipped with success, failure, loss, victory, blame, etc. The word ‘samatva’ can also be translated as equilibrium, which leads to the harmonious development of the physical, mental, and spiritual aspects of human personality. Equanimity and equilibrium are thus the essential qualities of yoga. They help in the efficient performance of an action. Yoga is an art in all its aspects, from the most practical to the highest.

Yoga is from the most practical to the highest; it is an art in all its aspects. It is a spiritual art in the sense that it transforms the seer and brings him into contact with his own soul. This is a fine art, since it is aesthetic, expressive, and visual, since the body is made from geometrical shapes, lines, architectural design, and the like, which are beautiful to behold. This is essentially useful art for the subjects and is presented as an exhibit for the audience. The art of yoga is creative, rhyming in practice, and personal in nature. It is ennobling. It is the purest form of knowledge where wisdom begins and investigates into the nature of beings as experienced by the lover and the beloved. Yoga enhances the quality of someone’s life, so this is an art.

1. Gopaalanand, (2007) Yoga improves one's thinking process and enables one to cope with difficult situations happily and with equanimity. It teaches us to try to achieve a goal in life, to cultivate friendliness, concentration, purity, contentment, happiness, and more essentially, to discard what is not essential to life and to cultivate good habits to lead a righteous life. Yoga is the disciplined action to achieve and the ultimate liberation.

Yoga is considered a fully-fledged science. The science of yoga involves acquiring knowledge through observation and experimentation. It is a complete science that is released to the body and mind, controlling the body through the practice of yoga to achieve the rhythm of the mind. The health and strength of the body and mind are achieved only when the state of equilibrium is attained, by which the body and mind are balanced. Like all other arts, yoga is also science and philosophy. As science is related to analysis, yoga is titled "analysis.

B.K.S Iyengar (1993) Yoga analyses the turbulent brain and shows ways and means to reach the ultimate goal of freedom. As any other science. Yoga also conveys the truth at a practical level. Yoga keeps the body and mind healthy and makes them quiet and pure in self-reliance. So this philosophy the practical aspect of yoga philosophy expresses the artist's aspect of yoga with precision and beauty.

Importance of yoga

Good health is the right of every human being. But this right depends on individual, social, and environmental factors. Along with social or environmental factors to a large extent, we can develop a better immune system and a better perception of ourselves so that other conditions do not affect us adversely and we can achieve good health. Health is a positive concept. Positive health does not mean merely freedom from disease; it also includes a jubilant and energetic feeling of well-being with an amount of general resistance and the capacity to easily cultivate immunity against specific offending agents. There are many modern and indigenous methods and disciplines that can help us successfully fight diseases. For example, the systems of yoga, ayurveda, unani, homoeopathy, and siddha can be quoted as indigenous systems, while the allopathic system is quoted as the modern and popular medical system.

Yoga is one of the most powerful drug-free systems of treatment. It has its own concept, which has been scientifically understood and presented by many. Yoga can be adopted as a lifestyle to promote our physical and mental health. Yoga, if introduced at the school level, would help to include healthy habits and a healthy lifestyle to achieve good health. Thus, the aim of yoga at the social level is to encourage a positive and healthy lifestyle for the physical, mental, and emotional health of children. Yoga helps in the development of strength, stamina, endurance, and high energy at the physical level. It also empowers oneself with increased concentration, peace, and contentment at the mental level, leading to inner and external harmony.

Principles of Yoga

Yoga is a way of the life. Yoga is a science, not a religion, of uniting the mind, body, and soul. It is also the art of living the right way. The techniques of yoga are very practical, so they can always be applied. This is the reason why yoga has been practiced for thousands of years and is still valid today. This science can be broken down into five major principles

1 .**Proper exercise (Asana)** Proper exercise is necessary to keep the body healthy, strong, and flexible. The physical exercises or postures in yoga are called asana. Asana are gentle stretches that help in liberating the joints, muscles, tendons, ligaments, and other parts of the body. They also help to improve circulation, release tension in the body, increase flexibility, and tone the nervous system. Asana are meant to be performed in a slow, relaxed, and methodical manner. In addition to developing the physical body, the mind is also impacted in a positive way. Most people find it difficult to calm their minds. We start with asana to help start the process of calming the mind and to create a good foundation for the next steps.

2. Proper breathing (Pranayama) Due to our modern lifestyles, most of us forget how to breathe. At best, our lives become very shallow. All the cells and tissues in our bodies thrive on oxygen. Without an adequate supply of oxygen, our cells and tissues become weak, leading to diseases. Deep breathing provides an abundance of oxygen, which keeps the cells and tissues healthy. Upon exhalation, we expel impurities from our bodies. Lack of deep exhalation does not remove enough impurities from our

bodies. Shallow breathing does not supply enough oxygen and does not expel enough impurities. The result is a toxic system, which is a perfect environment for disease. With proper breathing techniques (pranayama), we can teach the body to breathe again. Pranayama not only purifies the system but also helps to connect the body to the solar plexus area, where tremendous potential energy is stored. This vital energy, or pran, is then released, rejuvenating the body and mind. The benefits of pranayama greatly outweigh those of asanas, so it is important to include pranayama in one's regular practice.

3. Proper relaxation (Savasana) in these times, we are measured by how much we can achieve in the least amount of time. This causes us to be in constant motion. This motion then causes our bodies and minds to be overworked and stressed. Proper relaxation is yet another important factor we must incorporate into our regular practice in order to allow the body and mind to recharge and rejuvenate. Rest and relaxation help calm the whole system. When we are in this state, it is sometimes difficult to calm the system, and even sleeping becomes difficult and does not help. Yoga relaxation, or savasana, helps to calm the system by retraining the mind and body to relax.

Proper Diets and Nutrition

What we eat has a subtle impact on our health and well-being. For a number of reasons, a plant-based diet is optimal for good health. It enables the body to maximize the benefit from food, air, water, and sunlight. It is also easy to digest and promotes good health. A yogic diet is simple, natural, and wholesome. Since the food we eat has a subtle impact, a yogic diet helps to achieve better health as well as a sharp yet calm mind.

Positive thinking and meditation

Our mind is what drives our body. A calm and steady mind is required to keep our bodies in optimal condition. Positive thinking helps to purify the mind and experience inner peace. When we shift our focus from negative thoughts to positive thoughts, it changes our perception of the world around us. We start to see things in a more positive light, and negative situations stop affecting us in a strong way. Along

with positive thinking, incorporating a regular meditation practice to keep the mind clear and focused

Asana

"Asana" is the Sanskrit word for a physical posture. In general terms, asana denotes a specific position that can be held in a relaxed and comfortable manner for a long period of time. In the 2nd century before Christ, Patanjali wrote down the principles of yoga practice in the "yoga sutras "(Yoga sutras). He named only the meditation posture "Asan" and the physical postures "yoga vyayayam; however, in common usage, the dynamic yoga exercises also become known as "a."

Many Asana were derived from the natural movements and positions of animals and carry the names of animals such as "cat", "deer", "tiger," "hare," etc. These postures make use of examples from nature on how to help oneself. Asana have a far-reaching effect on the body and mind. The animals instinctively used these movements and positions because of their natural benefits. These effects are attained through the practice of the asanas. For example. Marjari (the cat) for starching the body and the spine. Bhujangansana (the cobra) for the release of aggression and emotions, and shashankasan (the hare) for relaxation. The headstand (shirshana) and lotus (padmasan) are regarded as the supreme or "royal" asanas.

Asanas are beneficial for the muscles, joints, cardiovascular system, nervous system, and lymphatic system, as well as the mind, psyche, and chakras (energy centers). They are psychosomatic exercises that strengthen and balance the entire anxious system and stabilize the practitioner‘s state of mind. The effects of these exercises are a sense of contentment, clarity of mind, relaxation, and a feeling of inner freedom and peace.

The system of "Yoga" in daily life" is designed in such a way that the body is gradually and systematically prepared, leading from simple preparatory exercises towards the more advanced and difficult asanas. Periods of relaxation are included at the beginning and end of each yoga class, as well as between the individual exercises. By developing the ability to relax, one's feelings for one’s own body are deepened. Physical and mental relaxation are prerequisites for the correct performance of all

yoga exercises, and it is only in this way that the effects of the asanas completely unfold.

The breath plays an important role in the Asanas. With coordination of breath and movement, the yoga practice becomes harmonious, the breath deepens of its own accord, and the body’s circulation and metabolism are stimulated. The use of the breath greatly enhances muscle relaxation by concentrating on tense areas of the body and consciously relaxing those parts with each exhalation.

As most people are in the habit of breathing quite shallowly. Inadequately filling the lungs, the full yoga breath is practiced in "Yoga" in daily life. Correct breathing is fundamental for the body’s optimum metabolic functions. With regular practice, the full yoga breath becomes the habitual and natural way of breathing. Slower and deeper breaths improve circulation, nerve function, and one’s whole physical condition. It also develops a calm, clear mind.

Benefits of Asanas

*Improves muscle tone, flexibility, strength, and stamina.

*Easy movement of the body.

*Tones the organs.

*Aids in blood circulation.

*Stimulates the immune system.

*Lowers blood pressure and cholesterol.

*Reduce fat.

*Is cleaning.

*Improves breathing.

Types of Asanas

Hath Yoga

This is one of the oldest forms of yoga, which includes the practice of asanas (postures) and pranayama (breathing exercises), which bring peace to mind and body and help prepare the body for deeper spiritual practices such as mediation.

Vinyasa Yoga

An active and athletic style of yoga adapted from the traditional Ashtanga system in the late 1980s. It essentially means movements synchronized with breath and is a vigorous style based on the rapid flow through the sun. It also refers to the continuous flow from one posture to another.

Astanga yoga

Astanga is a system of yoga that was brought to the modern world by Sri K. Pattabhi Joins. Yoga includes six series, and each series is a sequence of asanas, always in the same order. It is typically fast-paced, vigorous, and physically challenging.

Power Yoga

Power yoga is described as vigorous, vinyas-style yoga. Power yoga's popularity has spread across the globe and is now taught everywhere. Because the style can vary, it is recommended that you consult the individual instructor before performing it.

Bikram Yoga

It consists of twenty-six postures and two breathing techniques. This style of yoga helps flush toxins, manage weight, and allow practitioners to move more deeply into posture.

Jivamuki Yoga

This style of yoga was created in 1984. Chanting, mediation, readings, and affirmations are done in this style of yoga.

Iyengar Yoga

In this form of yoga, poses are held much longer in an effort to pay closer attention to the precise musculoskeletal alignment within each asana. Another trademark of Iyengar is the use of props, such as blocks, belts, bolster chairs, and blankets, which are used to accommodate injuries, tightness, or structural imbalance, as well as teach the students how to move properly into a posture.

Anusara Yoga

The Anusara style is a new system of yoga that teaches a set of universal principles of alignment that underlie all yoga postures while encouraging flowing with grace and following your heart. It is broadly categorized into three parts known as the three Anusara," and they include attitude, alignment, and action.

Sivanand Yoga

It typically begins with savasana (relaxation pose), kapalabathi, and anulom viloma, followed by a few rounds of suryanamskara. Then it moves through Sivanand’s twelve asanas, which together are designed to increase the strength and flexibility of the spine. Chanting and meditation can also be part of it.

Vini yoga Vini yoga refers to an approach to yoga that adapts the various means and methods of practice to the unique condition, needs, and interests of the individual. This style of yoga helps in self-discovery and personal transformation.

Kundalini Yoga

Kundalini incorporates multiple movements or exercises, dynamic breathing practices, chanting meditation, and mantras. Each specific kundalini exercise, referred to as a "kriya, is a movement that is often repeated and is synchronized with the

breath. The practice is designed to awaken the energy at the base of the spine in order to draw it upward through each of the seven chakras.

Yin yoga

Yin yoga is a slow-paced style in which poses are held for five minutes or longer. Even though it is passive, yin yoga can be quite challenging due to the long duration of the holds, particularly if your body is not used to them. The purpose is to apply moderate stress to the connective tissue the tendons, fascia, and ligaments with the aim of increasing circulation in the joints and improving flexibility.

Motors Fitness

Fitness is a key enjoy life. Exercise is an important part of a total fitness programme. Modern living has taken all the exercise out of our lives, and so in order to get fit and have to put it back again, regular exercise is necessary to develop and maintain an optional level of health, performance, and appearance. It makes me feel good both physically and mentally. It gives a psychological lift and strengthens a sense of accomplishment. Looking young is a reflection of good health. Regular physical exercise enhances the function of the joints, increases the sense of physical well-being, promotes a sense of feeling good, and increases physical working capacity by increasing cardiorespiratory fitness. Muscle strength and endurance decrease the risk of serious disease that could lead to early disability and death.

Ukoho (1988) expresses that exercise has been shown to improve health prospects in various ways. It helps to reduce body fat and overall weight and reduce blood pressure. Exercise ensures better digestion, respiration, and efficient blood circulation. A proper exercise programme can reduce the probability of injuries among older people as well as back injuries among certain occupational groups. Exercise tolerance is increased, risk factors are controlled, and even the progression of coronary artery disease can be influenced by training and diet. Psychological effects include lessened depression and reduced anxiety. Regular physical activity is important for maintaining health and may lead to a better quality of life. Training has to be followed for not less than two to three hours per week in at least three sessions at an intensity corresponding to 60% to 85% of the maximum heart rate achieved in a

symptom-limited maximum exercise test. Cardiac patients at high risk should exercise at lower intensities. Exercise occupies a leading role in keeping people fit. It will be quite difficult to adjust one's life in terms of stress, diet, sleep, and so on without proper exercise. Exercise means using and tuning the body. Exercise builds and maintains physical fitness. **(H.U. Niedrhauser, 1996).**

Every individual must know the need for physical exercise. In other words, one must have fundamental knowledge of anatomy and physiology. This fundamental knowledge enables a person to understand physical fitness. Physical fitness is the capacity of a person to function steadily and smoothly when a situation arises.

Physical exercise makes one mentally sharper, physically comfortable and at ease with his body, and better able to cope with the demands that everyday life makes upon him. Increased physical fitness not only improves health but also improves performance at work. Hundreds of American companies have supported this idea financially by employing full-time directors of fitness for their work.

Physical exercise helps athletes possess a high degree of physical condition. In schools, there is a compulsory activity programme for all girls and boys. So it would be interesting to find out which of the physical fitness components have significantly contributed to the athletic ability of the runners. The following motor fitness variables, which were more associated with football playing ability, were considered for this study:

- **Speed**
- **Agility**
- **Flexibility**
- **Co-ordination**

Benefits of Motor Fitness

- **Improved ability**

Skipping, jumping, running, lifting, and other exercises make a person more fit.

- **Unity, Team Spirit, and Together**

Exercise with other students helps forge togetherness and foster team spirit.

- **Makes a person more active**

It makes a person more active and helps combat ailments associated with laziness or "potato couching."

- **Lots of Fun**

Physical exercises are fun and enjoyable, especially when they are varied.

- **Increased Socialization**

Physical education teaches students to be more social and outgoing. This shapes their future lives and interactions.

- **Better Health**

Regular interaction with other pupils or students improves self-esteem and awareness.

- **Boosts general wellness**

In addition to making a person more active and fit, PE also improves general wellness.

- **Reduces injuries**

According to research, people who regularly exercise are less prone to injuries and will recover more quickly from fatigue or sickness.

- **Encourage team spirit.**

Working together and following instructions is the winning recipe for a strong and solid team.

- **Goal Setting**

Students will be encouraged to set and aim for their target. Over time, they become good goal-setters and achievers.

- **Step to a Future Career**

Many careers, such as those of gym instructors, physiotherapists, sportsmen, and others, are founded on physical education.

- **Minimize Monotony**

Unlike learning, PE is quite varied and can be interchanged at will. This ensures that all participants have something to enjoy.

- **Warm-up Exercises.**

Most warming-up exercises are founded on physical education. Think of skipping, squatting, and running on the spot.

- **Relaxes the mind**

Physical education helps relax the mind, especially after being in a classroom for a long time or handling a challenging academic task.

- **Boosting Strength**

PE helps to improve the strength, stamina, and endurance. Good exercises include skipping rope, carrying each other, playing soccer (football), and more.

- **Break from academics**

This activity allows pupils or students to take a break from demanding academics.

- **Improve cognitive performance**

Participants become more alert, and their brain functioning and memory improve over time.

- **Self-Discipline**

Listening to instructions and following them instills self-discipline in the students.

- **Stress reduction**

PE is known to lower stress levels and help a person temporarily forget a problem.

- **Support other fields.**

Subjects such as social studies, biology, and sports are related to physical education.

- **Improves Judgment**

Students learn how to develop their morals as they follow instructions and work with others. They also learn to accept responsibilities.

- **Enhance physical competence**

Physical education helps nurture a positive attitude and talents that shape a person's future.

Benefits of Motor Fitness for Football Players

Benefits of Yoga for Football Players

Football

The contemporary history of football spans over 100 years. All this began in 1863 in England. When rugby football and association football branched off into different courses, the world's first football association was founded. Both forms of football stemmed from a common root, and both have an intricately branched ancestral tree. The spread outside of Great Britain, mainly due to Britain's influence abroad, started slowly, but it soon gathered. Momentum and spread rapidly to all parts of the world (Subhashk.Goyal.2009).

In 1893 when a group of players and manager from English public school get together in London and wrote a set of rules for the sports and they call it as football which is how most of the world refers of it federation in international de football association was founded in 1904 and based in zuinich federation and international football association administers and markets all worldwide soccer competitions including the world cup overseas all changes the rules of the game the international football play community grower steadily , although it sometime met problem and set back. In 1912, twenty-one national associations were already affiliated with the Federation International Football Association. By 1925, the number had increased to 36. The International Football Federation boasts more countries among its membership than the United Nations. No other sport has so many passionate players and fans **(Robert, 2010).**

During colonial rule, the British introduced the game of football in India. The game commands a massive fan base flowing across the length and breadth of the country. But of course, football has lost out to its more illustrious cousin, cricket. In the popularity stakes. During the colonial rule of the British, they introduced the game of football in India, and it rapidly caught the fancy of the natives. The game found strong footholds in Bengal, with the Mohunbagan Club coming up in 1889. The Dura tournament is the world's third-oldest tournament and was started in Shimla in 1898 by India's foreign secretary, Sir Mortimer Durand. The All India Football Federation

(AIFF), the government body in football, introduced the national football league in 1996 in a bid to raise the standard of football in Kolkata, in the state of West Bengal. Considered to be the home of Indian football. Despite football becoming a highly popular game in India, Major victories on the international stage are few and far between. While the national team languishes at the rock bottom of the ranking, the all-India football federation has done precious little to raise the standard of the game in India **(Goyal, 2009).**

The game of football was introduced in India by the British. It was popular among the masses. The All India Football Federation (AIFF) was founded in 1937. The very first football tournament was conducted by those people in 1880. It was called the Durand Football Tournament and was changed to the Indian Football Association Shield in 1893. The national football championship for the Santosh Trophy was started in 1941, and the competition was conducted in different parts of the country every year. The Federation Cup football tournament was introduced in 1977. The popular tournament in India is the Durand Trophy. Rowers Cup, Delhi Cloth Mills Cup, Stafford Challenge Cup, Bangalore, G.V. Raja Memorial Cup, Trivivandan Nehru Trophy, Santosh Trophy, Junior National Championship, and Sub Junior National Championship Tournament (Thomas, 1964).

Importance of Skill in Football

According to Morehouse and Miller (1967), skill is the element of performance that enables the performer to accomplish a large amount of effort. Skill is acquired mainly through the refinement of the coordination of different muscle groups. When one has mastered the fundamental skill of the game, the player gains a feeling of well-being. Thus, high levels of performance in football are dependent on mastery of the fundamental skill. Skill is the ability to use the correct muscles at the correct time with the exact force necessary to perform the desired movements in the proper sequence and timing.

According to Wells (1988), the general characteristics of skilled performance may therefore be summed up as efficiency, accuracy, good judgment, and adequate speed, strength, and power for the task at hand.

Motivation is an all-important improvement factor, and there are also the various individual factors of special attitude that make one person a potential sprinter and another a potential high jumper. These are related to build, constitution, and temperature.

Basic skills in football are of four types: running, throwing, kicking, and tacking or blocking. The kicking skill found chiefly in football and speed ball will be considered because it represents another of the manipulative skills and is quite different in form. They may be played either while moving or when stationary. Football players are athletes, but unlike a 100-metre runner, where there is explosive speed for 10 seconds in a straight line, there are many other abilities that football players need to develop.

Importance of Football Players

A soccer fitness programme should be built around developing a good aerobic base. Several studies into the physiological demands of soccer have shown that the outfield can travel up to 13 kilometers, or 8 miles, during a 90-minute game. This places a significant demand on the player’s cardiovascular system, which is already overemphasized in these sports.

It’s not uncommon to hear of soccer players running for at least an hour at a time, several days per week, in attempts to improve their performance on the field. However, as coaches start to analyses the sport-specific requirements of the athletes, we realize that they are actually engaging in varying intensities of activity for different durations while playing, including walking, jogging, running, and sprinkling in various directions. Incorporating interval training into a player's training programme that involves high and low intensities of activity will provide better results than long durations.

Football Skills

In the development of the game of football, skills have played an increasingly vital role in the quest for victory. Top-level teams perfect the skills, change them into a highly refined and sophisticated art, and are constantly searching for better training.

There are a number of skills involved in the game of dribbling, kicking, ball control, volleying, trapping, and application to different situations. Perfection of these skills and successful execution of them have a direct impact on the total performance in the game of passing, dribbling, shooting, heading, trapping, chipping, throwing in, and kicking.

Passing

In football, the most valuable possession is the ball. To score and win a game, it is possible only when a team keeps possession of the ball. Therefore, the main foundation for the game of football is the skill of passing, which is simply sending the ball from one player to the next while kicking, maintaining possession, and trying to work your team into scoring opportunities. The ability to pass the ball to another player accurately and in a timely manner, as well as to direct it to players farther away, is essential in order to keep possession of the ball. Passing is also important as many goals are scored as a result of it. Teams that aim to retain control of the ball over longer periods of time by making a large percentage of passes that have a low risk of losing the ball are called possession football teams. If successful, it will tire the opponents because they have to run and tackle more.

Dribbling

In football, dribbling refers to the maneuvering of a ball around a defender through short, skillful taps or kicks with either foot. The purpose of such an action is to bring the ball past a defender legally and create opportunities to score. Dribbling is one of the most difficult ball skills to master and one of the most useful attacking moves. In typical game play, players attempt to propel the ball towards their opponent's goal through individual control of the ball, such as by dribbling (running with their foot). The ability to dribble is often invaluable, especially in the third part of a pitch or at the wings, where most attacks take place. Dribbling creates spaces in tight situations where the dribbler is marked closely by a defender, and the dribbler can either score or create scoring chances after a successful dribble. However, dribbling, if poorly mastered and used, may result in the loss of possession, either when the ball is intercepted or tackled by a defender. When used appropriately, a

good dribble is often hard to dispose of; unsuccessful tackles may result in a useful free kick situation, a yellow card for the offender, or both. A good dribbler is a great attraction to the spectators and a great asset to the team.

Shooting

The most important skill in football is shooting. A good striker is one who is hungry to score. Attitude and the hunger to see the ball ripple off the back of the net are the driving forces. A great striker is one who might miss five chances but is never afraid to take the next one should it come his way. The beauty of football is that everyone can score, and football is played for scoring goals. In a game of ninety minutes, very few chances would come to a player to try the post, and if a player is ill equipped to take a shot, the entire effort by the team goes to waste, which has toiled to create a scoring opportunity in every situation. When a shooting chance is missed, there must be determination, hunger, and urgency to get the ball into the back of the net. The best places to aim are the corners and wherever the goalkeeper isn't standing. Kicking with power is just as important as accuracy. Even if you kick accurately, a ball with no power is easy for the goalkeeper to stop. You have to shoot to score goals, and you need to score goals to win. It is important to shoot accurately to improve your chances of scoring, so it is highly necessary that all the players in the team have mastery over the skill of shooting at the goal. A player needs to strike a balance between being too eager and too reluctant to shoot. A shot should ideally be both accurate and powerful, although it is easier to achieve one of these at a time. Whether one should choose one or the other depends on the situation.

The choice of which part of the goal to aim at is a contentious issue and depends on how many players are covering the goal. When only facing a goalkeeper, a shot should be placed close to one of the posts; ideally, a shot should also be placed just under the crossbar, but it is less difficult and also more effective to shoot along the floor, towards the lower corners.

KICKING

Kicking is the process of propelling the ball under the foot in the required direction at the required speed and seeing to it that it hits the target. Kicks are

classified into different types according to the part of the foot with which the player is kicking the ball. There are several different ways to kick a football. The skilled player chooses his method according to his immediate purpose, but sometimes the urgent surroundings of play predetermine the method. If the player has time, he will move often, bringing that ball under his control before kicking it. The ball is brought to the ground and rolled slightly forward to the side of the body. Then it can be kicked easily and more accurately than if it were first timed immediately. But a player cannot always expect the privilege of kicking in his own time and any way of making a sure clearance or an effective pass, or of taking advantage of a very brief opportunity to shoot. Therefore, a good player must develop his skill in kicking a ball under different conditions and with either foot.

Practically any part of the surface can be employed in kicking the ball, e.g., the low passing drives, and sometimes for goal kicks and comer kicks, the player may take the part of the foot, which gives more power and accuracy in the instep of the foot. The sole of the foot can be used to push a power ball to a near player; the heel is used to send the ball backward. Even the toe of the foot is used to prod the ball along when it is too far out of reach to do anything else. It is very important in soccer that the foot be placed for more stability and to move in any direction as required.

Statement of the problem

The purpose of the study was to find out the **"effect of selected exercises in yoga on motor fitness and football skills of boys aged 14 to 16 years."**

Objectives of the study

- To study the effect of yoga working out on the motor fitness progress of inferior school football players.
- To inspect the outcome of yoga training on the football skill development of secondary school football players.

Delimitations of the study

- For the purpose of the schoolwork, 100 football players in the age grouping range of 14 to 16 years were arbitrarily chosen as subjects.
- The period of the investigational stage was limited to twelve weeks.
- The figure of a period for every week for the new set was limited to 6.
- The elected sampling was at random selected from the government high school of Vijayapura District of Karnataka state.

Limitations of the study

The study was limited to the following aspects:

Methodology differences such as air hotness, impressive weight, and the same pressure on the outcome of the revision were known as the "control intended for the study.

The income environment, life method diet, individual behavior, relations genetics, touching position, and motivational reasons of the subjects are not taken into consideration for this learning. The communal, financial, and educational setting of the subject was not being fully considered.

The subject’s customary work and usual free play were forbidden, and their possible power on this product of the study was noted as having limits.

Hypothesis

It was hypothesized that the yoga preparation developed the following motor fitness and football skills in boys aged 14–16 years:

1. It was hypothesized that the yoga training improved speed.
2. It was hypothesized that the yoga training would increase agility.

3. It was hypothesized that the yoga training would increase flexibility.
4. It was hypothesized that yoga training develops coordination.
5. It was hypothesized that the yoga training enhances dribbling.
6. It was hypothesized that the yoga training would develop passivity.
7. It was hypothesized that the yoga training develops shooting.
8. It was hypothesized that the yoga training would develop kicks.

Significance of the study

The outcome of this study helps physical education teachers, coaches, and trainers employ yoga training to develop the motor fitness and football abilities of the subjects.

This study from side to side sheds light on the similarity of motor fitness and football talent between subjects.

This study provided useful and productive suggestions for the enhancement of the subjects' motor fitness and football skills.

Definition of the terms

Yoga is a sophisticated system for achieving radiant physical health, superb mental clarity, and peace of mind. Yoga is often referred to as "aspartic" **(Horrigan, B., 2004).**

Suryanamskar

Surynamskar, or sun solution," is a yoga warm-up routine based on a sequence of gracefully linked asanas. **(Carol Mitchell, 2003).**

Asanas

The third limb of yoga is asana, or posture. Asanas ring steady. Health and lightness of mind a steady and pleasant posture promotes mental equilibrium and prevents fickleness of mind. Asanas are not merely gymnastic exercises. They are postures. To perform them, one needs a clean, airy place, a blanked mind, and determination, while for other systems of physical training, one needs a playing field and costly equipment. Asanas can be done alone, as the limbs of the body provide the necessary support and weights. By practicing them, one develops agility, balance, endurance, and great vitality (B.K.S. Iyengar, 1996).

Virkshasana

Virkshasana, or tree pose, is a standing yoga pose that resembles the steady yet graceful stance of a tree. It is formed by a combination of two Sanskrit words, "vriksha" (meaning tree) and "asana" (seat or position).

Ardhakatichakrasana

"Ardhakatichakrasana" is a famous half-waist wheel pose as well. The bend from the waist sideways in this asana resembles the wheel. The name of the asana is derived from the words Ardha, meaning half Kati, meaning waist, and chakra, which means wheel.

Vajarsana

The word Vjara is a Sanskrit word that means thunderbolt or diamond, and the meaning of asana is posture.

Simhasana

‘Simhasana, commonly known as ‘lion pose," is one of the most unique yoga poses. It is probably the only asana that requires you to make a sound. The Sanskrit word Simahasa is derived from two words: ‘Simha," which stands for ‘lion," and asana," which is well-known as ‘posture’.

Pavanamuktasana

Pavanamuktasana is a widely practiced reclined pose that helps to release trapped gas from the intestine. It is also known as wind relieving pose or wind liberating pose.

Naukasana

The given name Naukasana comes on or after the Sanskrit statement" Nauka" which means "boat," and the sense of asana is "posture" or "bench".

Dhanurasana

The first name "Dhanurasana" comes from the Sanskrit language Dhanura, which means "bow" and Asana means "stance" or "stool".

Bhujangasana

In Sanskrit, "bhujanga" means snake and "asana" means pose; that’s why this yoga pose is referred to as the "cobra pose’.

Motor Fitness

Motor fitness refers to the ability of an athlete to perform successfully at their sport **(Close, 1973).**

Speed

Speed is the ability to perform a movement or cover a distance in a short time **(Corbim, 2007).**

Agility

Agility is the ability to move and change the direction and position of the body quickly and effectively while under control. **According to Elizabeth (2007),**

Flexibility

A person's flexibility refers to the ability of his joints to move through a full range of motion. **(Page, 2007).**

Co-ordination

Eye-hand Coordination is the ability of the eyes and hands to work together as a dynamic whole. The process involves sharing information regarding the progress of one sub-movement with the centers controlling another sub-movement, ensuring that the second happens in appropriate relation to the first **(Haggard, 1997).**

Football

Football is the most popular sport in the world. All over the globe, people are attached to this game in a deep and passionate way. Soccer, or football, as it is called, is just something that, over the years, has earned nick names including the beautiful game," the simplest," and the world's game" (Robr, 2010).

Skill

"Skill is the ability to use the correct muscle at the correct time with the exact force necessary to do the desired movement in the proper sequence and timing "(Jenson and Fisher, 1972).

Dribbling

The dribble is one of the most difficult ball skills to master and one of the most useful attacking moves. In typical game play, players attempt to drive the ball towards their opponents' goal through individual control of the ball, such as dribbling (running with the ball close to their feet) **(Chaucer Geoffrey, 2011).**

Passing

Passing is an important skill in soccer, and it must be acquired consciously and individually **(Hargreaves, 1990).**

Shooting

Shooting is easily the most common way for goals to be scored. It uses the feet **(The Soccer Shooting Guide, 2010).**

Kicking

A kick is a skillful foot movement in which a player strikes the ball with his or her foot **(Kunz, 2007).**

CHAPTER -II

REVEW OF RELATED LITRERATURE

The research has made a sincere effort to collect the review of related literature to this study and found some references to similar studies that have been reviewed in this chapter.

A.Suman Kumar, Dr. T.P. Ykesh (2020). The aim of this study was to investigate the effects of various yoga practices on skill performance in football players. Forty male football players participated in this study as subjects. The subjects were randomly assigned to the yogic practice group (n = 20; ages 15–17) and the control group (n = 29; ages 15–17). The YP group performed eight weeks of lower extremity YP besides the football team training. The control group performed only game practice during the study. The results showed that speed, dribbling, and agility with the ball improved after PY (p 0.05). For accuracy of shooting, no significant change was observed after eight weeks on PY. It was possible that speed, dribbling, and agility with the ball improved after PY, but there was no significant difference found in the accuracy of shooting football between the control and yoga practice groups.

Surhat Munirough (2020). The purpose of this study was to examine the effects of the speed function on some technical elements (dribbling, slalom, and agility) in soccer and to determine the effect ratio of these elements on one anotheratio of these elements on one another. Some information regarding the purpose of this research is given by means of a literature review. The subject of the study was 177 soccer players selected from the 1st, 2nd, and 3rd leagues. Amateur and two youth teams in Ankara, Turkey, have undergone a performance test, including one each of a sprint (0-15-30 m), salom (0-15-30 m), mand dribbling (0-15-30 m), and an agility test. Sprint slalom and dribbling tests were performed. The reliabilities of the tests (sprint =.74; slalom = 61; dribbling =.76; agility = 81) were determined for the players (n = 40). The performance value of the subjects examined showed that while speed function does affect agility competency, it does not affect slalom and dribbling competency. The other finding showed that slalom and dribbling competencies affect each other positively.

Athos Trecorci, Tidaro Bongionvani, Lucia Cavaggioni, Giulio Pasta Damiano Formenti and Giampietro Alberti (2020) this study aimed to examine the agreement between asymmetries of dribble and change of direction (COD) deficiencies and to determine their potential differences from each other. Sixteen young elite football players were recruited and tested for sprinter (over 10 m), dribbling (90 COD dribbling), and running (90 COD running) performance in dominant (fastest) and no-dominant (slowest) directions. Dribble and COD deficits were computed to express dribbling and COD ability without the influence of acceleration. The asymmetric index (AI %) for both dribble and COD deficits was obtained for both directions. The level of agreement between dribble and COD deficits was assessed by Cohen's kappa static (k). Results showed that AI% measured by dribble and COD deficits presented a poor level of agreement (k = -0.159), indicating their imbalance did not favor the same direction. Moreover, the AI% of the dribble deficit was significantly higher than that of the COD deficit. This study demonstrated that asymmetries in dribbling and change of direction performance (messaged by dribble and COD deficits) were not in agreement to favor the same direction, also displaying a significant difference from each other. Practitioners should consider the task-specificity of asymmetry to reduce the imbalance in dribbling and COD performance.

Miguel-Agnel Gomez, Carlos Lago, Maria- Teras Gommez, and Philip Furly (2019) The aim of the current study was to analyses the performance differences of football players two years prior and the year after signing a new contract (the following year), while taking the player's nationality, playing position, team ability, and age into account. The sample was comprised of 249 players (n = 109 defenders, n = 113 midfielders, and n = 27 forwards) from four of the major European Leagues (Bhudesliga, English FA Premier League 1, and La Liga) during the season 2008–2015. The dependent variables studied were: shooting accuracy, defense (the sum of defensive actions tackles, blocks, and interceptions), yellow and red cards, passing cards, accuracy, tackle success, and minutes played per match. Two-step card analyses allowed classifying the sample into three groups of defenders (nationally important, foreign-important, and less important players) and four groups of midfielders and forwards (nationally important players). Magnitude-based inference (MBI) was used to test the differences between players' performances during the years

of analysis. The main results (very likely effects) showed better performance in the year prior to signing a new contract than the previous year for foreign important defenders (decreased number of red cards), national important midfielders (increased minutes played and defense), national less important midfielders (decreased minutes played), and foreign less important forwards (decreased defense). On the other hand, the players showed better performance in defense and more minutes played the year after signing the contracts for less important defenders, less important national midfielders, and less important foreign forwards. These results may assist coaches in deciding when a new contract should be signed or the duration of the contract.

Vshanath Pise, Balarm Pradhan, and Manmath Gharote (2018) this study was to see the effect of yoga practices on the psycho-motor abilities of intellectually disabled children. Seventy intellectually disabled children were divided into experimental groups and subjected to the yoga intervention for static balance, eye-hand coordination, agility, and reaction time for a total of 12 weeks. The result of within-group comparison revealed significant improvement in this static eye-hand coordination, agility, and time (p 0.001) in subjects in the yoga group; however, no change was observed in the control group. The present study demonstrated that 12 weeks of yoga are effective in improving the psychomotor abilities of intellectually disabled children.

Umesh U and Dr. Suresh C (2018) the purpose of the study was to analyses the effect of a yoga programme on the coordination abilities of high school students. The experimental design of this study was a random group design. For this purpose (N = 40), forty high school students, ages 13 to 15, from GHSS Kezhavoor, Trivandrum, Kerala, were selected. The subjects were divided into two groups of twenty (n = 20) each, namely the experimental group and the control group. The experimental group underwent six weeks of yoga on alternate days per week (Monday, Wednesday, and Friday). The dependent variables selected for the study were selected coordinative abilities, namely eye-hand coordination. Static balance, dynamic balance, and reaction time were the independent variables selected for the study, as was the yoga programme. The dependent variables selected for the study were yoga programmes. The dependent variables selected were tested prior to and after the training programme for both groups using standardized tests. After data collection, the data

were statistically examined by applying descriptive statistics and dependent t. All the data were analyzed using the statistical package for social sciences (SPSS). The level of significance was fixed at 0.05. The result of the study indicated that there were significant differences in the coordination abilities selected for this study.

Selvaraja &Arumugam, (2018). They conducted the study on the effect of yoga practice on flexibility and tidal volume among soccer players. They concluded that the yogic practices group had significantly improved flexibility and tidal volume. However, the control group had not shown significant improvements in flexibility or tidal volume.

Poornabodha V. Kadagadaki and Balaram Pradhan (2018) aim to find out the effect of fitness training along with yogic practices on the passing skill of football players. Eighty-two male college football players were divided randomly into treatment and control groups with an age range of 18 to 24 years. Each player underwent a Bobby Chalton passing skill test before and after an intervention period of 4 months. The results show significant pre- and post-treatment improvements in the treatment group. Passing (p) (p, 0.006) variable, whereas the control group showed insignificant In conclusion, the short-term training programme of fitness exercise along with yoga practice is helpful in enhancing the skill level of football players.

Dr.Biju Sukamar's (2017) reason for the revision was to locate out the result of eight-week yoga training on balance and hand-eye coordination in individuals with intellectual disabilities. 30 mild thinker dial-bleed boys (IQ = fifteen sixteen-) who are present in the particular teaching at the particular teaching unit, sense of the (NISH) National Institute of Speech and Hearing Trivandrum, Kerala, be elected for this study. Their ages ranged from twelve to sixteen. The specials were evenly separated into two groups. The groups should be assigned as new teams: yoga preparation group (YTG) and management group (CG). A pre-test was conducted on stability and hand-eye coordination for two groups. The understanding was carefully recorded in their own unit as a pre-test score. The following pre-test investigational group has undergone eight weeks of yoga preparation for one hour per day, five days per week, while the control group (CG) maintains their every-day schedule tricks and no particular training is specified during these eight weeks. After eight weeks of training,

a post-test was shown, and the readings were carefully recorded as post-test scores. To analyses the collected data, ANCOVA (Analysis of Covariance) was used. The study concluded that yoga training showed a significant difference in balance and eye coordination.

Mo. and Avinash Sameer Khan, Dr. Vivek Yadav (2016), Sathe The objective of this study is to know the effect of balancing yoga asana training on a specific physical fitness component of a male school football player. Materials and Methods: 60 male football players were divided into two groups: experimental and control groups. The age of the subjects ranged from 15 to 18 years. Result. The control group was not found to be significantly improved in standing broad jump (0.17) and shuttle run (0). The t value indicates that the control group was not found to be significantly improved in the 600m RW test (0.75), standing broad jump (0.17), and shuttle run (2.3). The t value indicates that the experimental group was not significantly improved in endurance, leg strength, and agility components. Conclusion: The experimental group showed greater improvement in comparison to the control group. A significant difference was found in bent-knee sit-ups and pull-ups. An insignificant difference was found in 600 meters. Run\walk.

Mo. Sameer Khan and Sarfraj Alam (2016).The purpose of the study was experiment for the effect of twelve weeks training of yogic ASNANS on selected skill in football. The first objective of this study was the effect of treatment on running with the ball activity scores when pre-running with the ball activity scores were taken as covariates. The second objective of this study was the effect of treatment on kicking accuracy activity scores, which were taken as covariates. And the last objective of this study was the effect of treatment on juggling activity scores when pre-juggling activity scores were taken as covariates. The subjects for this study were 60 male football players who participated at the interschool level and were randomly selected as subjects for this study. They were divided into two groups of 30 subjects each. One group acted as a control group, named B; the other group was named A. Group A was the experimental group. The ages of the subjects ranged from 15–19 years. The per-tests of selected test items were given to all the subjects in the group and the control group. After the pre-test of the twelve-week yogic asana training programme for the experimental 12-week training programme of yogic ASANA, the

post-test was conducted on all 60 subjects. Statistical procedure Expressive statistics, mean standard deviation, and ANCOVA were applied with the Tukey HSD Post-Hoc Test. The test level of significance was set at 0.05. A significant difference was found in 30 meter running with the ball in the experimental and control groups. The experimental group was found superior to the control group, and a significant difference was found in kicking accuracy between the experimental and control groups. The experimental group was found to be higher than the control group; a significant difference was found in juggling between the experimental and control groups. The experimental group was found to be superior, then the control group designated yoga exercises as useful to improve ball control measured by 30 meter running with the ball, kicking efficiency measured by kicking accuracy and balancing ability, reaction ability, and sense of touch with the ball measured by juggling twist. Due to regular yoga exercise, the experimental group has shown significant improvement at pre- and post-tests.

Sudhakara Baba Mande (2016) plans as an accurate chance team proposes, designed of a before-examine. The randomly selected subjects (n = 90) were adolescent boys from different schools in Andhra Pradesh and were randomly assigned to three equal groups of thirty each. The groups were assigned as experimental group I, II, and control group, respectively. A pre-test was conducted for all the subjects on selected motor fitness. Such as flexibility. Agility. The experimental group participated in their respective yogic practices, simplified kundalini yoga and surynamaskar, for a period of twelve weeks. The post-test was conducted on the above-mentioned dependent variable after the experimental periods for all three groups. The difference between the initial and final means of the selected variables was the effect of different packages of yogasana on adolescent boys. The obtained data were subjected to statistical treatment to find out the significance of the means using ANCOVA. In all cases, a 0.05 level was fixed to test the hypothesis set for this study.

Polsgrove, Eggleston& Lockyer (2016) determined the impact of yoga on male college athletes (N = 26). Over a 10-week period, a yoga group (YG) of athletes (N = 14) took part in biweekly yoga sessions, while a non-yoga group (NYG) of athletes (N = 12) took part in no additional yoga activity. Performance measures were

obtained immediately before and after this period. Results suggest that regular yoga practice may increase the flexibility, balance, and whole-body measures of male college athletes and therefore enhance athletic performance that requires these characteristics.

Joniton & Gopinath (2016) determined the effect of selected yoga practices on bio-motor variables among university soccer players. It was concluded that there was significant improvement in agility, speed, and strength among university soccer players.

Senthil Kumar's (2016) examiner study was acute to find out the effect of change to the yoga practice on physical and physiological variables among level women. For this object, 45 college women residing around Chinaslam town, Salam district, and Tamil Nadu were chosen as subjects. The age of the subjects ranged from eighteen to twenty-five years. They be separated into 3 groups, each comprising 15 samples, in which tentative group I underwent Bihar School of Yoga practice, experimental group II underwent B.K.S. Iyenger Yoga live-out, and cluster III acted as a control that did not contribute to any particular activities apart from their regular curricular activities. The preparation stage for the cram was six existences in a week for six weeks previous and later than the new period. The subjects were tested on percent of body fat flexibility, high density lipoprotein, and low density lipoprotein. The percent of body fat was assessed by applying the Decurenberg et al. formula. High-density lipoprotein and low-density lipoprotein were tested after taking five ml of blood samples by venous puncture using the Bearing Mannheim Kit method. The analysis of congruence (ANOCVA) was applied to find out if there was any significant difference between the experimental groups and the control group on selected criterion variables. The results show that the Bihar School of Yoga practice group and B.K.S. Iyengar yoga practice group decreased low-density lipoprotein. Percent of body fat, flexibility, and increased high-density lipoproteins significantly. It was concluded from the results of the study that Bihar School of Yoga practice and B.K.S. Iyengar yoga practice have brought positive changes in percent body fat, high density lipoprotein, and low density lipoprotein as compared to the control group. Moreover, it was also concluded that there was no significant difference between the experimental groups in all criterion variables.

Keskin Brurack (2015) states that the purpose of the present research is to study the effects of warm-ups with two different sizes of balls on passing skills. The South African Soccer Passing Test (LSPT) was conducted on 28 non-elite football players who participated in the present research for 10 trainings LSPT is a passing skill protocol established for completing 16 passes successfully in the shortest period of time possible (Ali et al., 2007). After 5 days of implementation of LSPT, the participants were divided into two equal groups of 14: the experimental group and the control group. During the second 5-day test period, the control group participant warmed up with ball number 5 and then took the LSPT with the same ball. On the other hand, the experimental group warmed up with ball number 4 and took LSPT with ball number 5. Obtained data were analyzed with an independent sample t-test, and accordingly, the experiment group was more successful than the control group in LSPT (p.01). Consequently, the passing skills of football players who take up ball number 4 were affected positively. The present study, which aimed at increasing match performance, predicated that passing was affected positively during the match among football players who threw smaller balls before the match.

Qureshi (2015) examined football as one of the most popular sports in the world. It appeals to all age groups of various skill levels, and men and women play it for recreation as well as competition. Flexibility and coordination play important roles in the development of football skills. It has been observed from the results of this study that the experimental group showed significant improvement in flexibility and coordination ability compared to the control group. This may be due to the nature of regular exercises. The regular yoga exercises the regular yoga exercises might have developed muscle tone, joint mobility, and neuromuscular coordination. Hence, a significant improvement in performance has been shown in the selected subjects.

Mathavan, (2015). Found the "short-term training programmers' impact on the variables of dribbling and kicking show among Pondicherry University men soccer players". The result of this study shows that the given short-term training programme influenced selected performance variables such as dribbling and kicking in Pondicherry University football players.

Praca, Soares, Matias, Costa, and Greco (2015) conducted a study on soccer performance that is multifactorial and characterized by the interaction of technical factors. Tactical, physical, physiological, and psychological components; however, few studies have investigated the direct relationship between these components in soccer players. They concluded that the results indicate a gap between the knowledge of "how to do it ", i.e., technical skills, and the knowledge of "what to do", i.e., tactical knowledge. This gap highlights the need to improve the assessment of technical skill, which should also occur in the game context, such as in small-sided games. We conclude that offensive and defensive tactical performance is poorly correlated with passing, dribbling, and shooting technical skill in youth soccer players.

Caren Lau et al. (2015) examined the effects of a twelve-week Hatha yoga intervention on cardiorespiratory endurance, muscular strength and endurance, and flexibility in Chinese adults. 173 adults aged 52.0+–7.5 years were assigned to either the yoga or cardio groups, and nineteen dropped out of the study. Primary consequences were changes in cardiorespiratory endurance, resting heart rate (HR), maximal oxygen uptake, muscular strength and endurance (curl-up and push-up tests), and lower back and hamstring flexibility (the modified back saver sit and reach test). Compared to controls, the yoga group achieved significant improvements in curl-up and push-up tests and the left and right leg tests (both) in both genders. A significant change was also found for resting HR between groups in women but not men. Further analysis comparing participants between younger and older subgroups yielded similar findings except that the older participant in the yoga failed to improve resting HR or the curl test virus control adherence (89%), and attendance (94%). No serious adverse events occurred. A twelve-week Hatha yoga intervention has favorable effects on cardiorespiratory endurance, muscular strength and endurance, and flexibility in healthy adults.

Khodaskar (2015) the idea of the lesson is to locate absentees. The result of yogic practices on health-related physical fitness (HRPE), psychological, and physiological parameters of police personnel. The objective was HRPE standard psychological (occupational-related stress) and physiological parameter measures of the body of police personnel. Yogic training programme for this study and establish the impact of

yogic training programme. The study was limited to eighty male and eighty female Amravati city police personnel and a range of thirty-six to forty-six years of age, male (N = 40 and N = 40) and female (N = 40 and N = 40). Each experimental team was given a 4-month training for yogic practices. After that previous check, another was conducted to seek out the post-test results. The male and female police personnel groups have shown significant improvement in HRPE factors (cardio-vascular endurance flexibility, muscular strength, and body fat percentage) and an extremely positive impact in ORS, but have not shown vital distinction in blood pressure and total cholesterol levels when the sixteen weeks of effective yogic training were programmed. It was discovered that in society, police personnel suffer completely different health issues and stress levels. Upon completion of the police training period, the police personnel had no training schedule on daily physical activity.

Ramesh Kumar, T., and Chandrasekaran, K. (2015) examined the important effect of a varied combination of yogic practice on physiological variables in schoolboys in Kuwait aged thirteen to fifteen. To achieve the purpose of this study, a survey was conducted for a thousand students from an Indian central school in Kuwait to find out their health-related fitness status. Among the group, eighty-three students reported low fitness. 40 male students who are low in fitness were selected for the experimental training. As per the records, their ages ranged from thirteen to fifteen years. A true random experimental group design was employed with two groups, namely a varied combination of yogic practice groups and a control group with twenty students each. Resting heart rate, systolic blood pressure, and diastolic blood pressure were the criterion variables for the present study. Group I underwent varied combinations of yogic practices, viz., asanas and imaginary meditation followed by pranayama, for a period of 12 weeks, and no training was given to the control group. The two groups were numerically analyzed by using analysis of covariance (ANCOVA). The two results of the relevant student that were significant were experimental; there was improvement in the group on the variables selected when compared to the control group after the completion of 12 weeks of varied combinations of yoga performances.

Elangovan (2015)'s aim of the study was to find out the effects of designated yoga and physical exercise on the high school sample in agility. Aimed at this examination

are three thousand ninety samples of years between fifteen and eighteen ages studying ninth and 10^{th} standard in Kamaraj Municipal High School, Trirunelveli. Have been nominated aimlessly and were divided into three groups of the same type on a random foundation. They were named the yogasana group, physical exercise group, and control group, respectively. Statistics were composed for each subject before and after training. The collected data have been statistically analyzed by using analysis of covariance (ANCOVA). The conclusion exposed that yogasana and physical exercise significantly improved the agility of the high school males. It was also decided that the yogasana group had more significant development in the agility group of high school boys than the physical exercise group of high school boys.

Soundarrajan and Perumal (2014) studied the effects of yogic practices and physical exercise on academic achievement and the muscular strength, endurance, and flexibility of adolescent boys. The results of the study were approximately 11% in all training groups, and muscular strength, endurance, and flexibility increased at T2 (approximately 3%) only in CYPPEG (Combination of Yogic Practices and Physical Exercise Group). Finally, he concluded that a combination of yogic practices and physical exercise groups improved muscular strength, endurance, and flexibility.

Kanniyan (2014) examined the ancient Indian science of yoga, which makes use of voluntary regulation of the breathing to make respiration rhythmic and to calm the mind. This practice is called pranayama. After careful analysis of the available data. It could be seen that the experimental group had significantly improved on the performance of dependent bio-motor variables such as speed, explosive power, cardiorespiratory endurance, and agility.

Dr. Langoklapam Tamubi Devi, Nongmainthem Sunderlal Singh Dr. R.K. Chandrakumar Singh and Dr. Karajan Santombi Devi (2014) the effect of yoga exercise on state-level football players 50 state-level football players were selected as subjects. The mid-test and post-test had been taken using the dynamic flexibility test, side spit flexibility test, and shoulder and wrist elevation flexibility test tools. To determine the difference between the 3 groups (initial, mid, and post-test) of state-level football players, the F test was employed at a 0.03 significance level. And to determine the training effect, the test for comparison mean was employed for two tails

at the confidence level of.05, which is significant. The comparison between the initial and post-test of the dynamic flexibility test for the side spilt flexibility test and shoulder and wrist elevation flexibility test for the state-level football players was found to be statistically significant at the.05 confidence level, as the values 10.676, 10.003, and 10.102, respectively, were found to be greater than the tabulation value (1.98).

Dr. B. Palani Kumar and Bizunech Yirga (2014) conducted the study to find out whether football shooting performance changes during yoga exercise and aerobic dance among college men players. The study was conducted on forty (N = 45) male students studying at various colleges affiliated with Madurai University. Madurai, India, during the year 2014–2015, were chosen as samples at random, and they alienated aimlessly interested in two experimental groups, and the control group of all that was assembly one yoga team, group two aerobic dance, and cluster III acted as the control. The preparation stage was limited to 12 weeks and three days per week. The experimental groups undertook their respective experimental treatments for four weeks. Among various football skill performance variables, only shooting skill was selected as a dependent variable and assessed by a general soccer ability test. All subjects were tested prior to and after the training for all the selected variables. The data collected from the three groups prior to and post-experimental was statistically analysed using analysis of covariance (ANCOVA). Acheffe's post hoc test was applied to determine the significance difference between the paired means. In all the cases, the 0.05 level of significance was fixed. The results reveal a significant difference in football shooting skill among the experimental groups.

Sivakumar (2014) studied the effect of training in yogic practice and physical exercise on selected physical Physiological, psychological, and performance variables among male college cricket players to achieve the purpose of this study, forty-eight college cricket players studying in various colleges affiliated with Bharthidasn University were randomly selected as subjects. Their ages ranged from seventeen to twenty. The selected subjects (N = 48) were divided into three equal groups named Group I as the yoga repetition group, Group II as the physical exercises group, and Group III as the control group, each group consisting of sixteen subjects. Subjects in the group I underwent the yogic practice, subjects in the group II underwent the

physical exercises, and subjects in the group III did not go through any specific yogic (or physical) exercises but their regular practice. During the training exercises period, training was given for both experimental groups. The yogic practice and physical exercises were given for twelve weeks, five days per week, for 45 minutes each day in the morning session under the supervision of the investigator. The physical variables, namely speed, Agility. Flexibility and strength physiological variables, namely resting heart rate, resting systolic blood pressure, resting diastolic blood pressure, and breath holding time. Psychological variables, namely sports competitive anxiety tests (cognitive, somatic, and self-confidence), and performance variables, namely cricket playing ability, were chosen as variables for this study. Physical parameters were measured by standard tests, namely 50-meter runs, shuttle runs, sit-and-reach, and pull-ups. To measure the physiological parameters, the following equipment was used: a stethoscope, a sphygmomanometer, and a digital stopwatch. The psychological factors were assessed by standard questionnaires, namely the sports competitive anxiety test (SCAT), developed by Martens (1990), and the competitive state anxiety questionnaire II (CSAI), developed by Matens, Burtons, Vealy, Bump, and Smith (1990). The performance of each cricketer was subjectively rated by the three qualified coaches on a 10-point scale. To make the study more scientific, the subject's reliability, instrument reliability, and tester reliability were established. The data was collected before and after the experimental treatment. The examination of covariance (ANOCOV) was used to help study the together data. Schaffer's examination was followed as a post hoc test to decide the level of implication diversity among the paired means. The outcome reveals that the yogic practice group was better than the physical exercise group in all selected parameters except speed, agility, strength, and resting heart rate among male college cricket players.

Dhaliwal et al. (2014) objected to a study to find the effects of six weeks of yogasana practice on the physiological fitness status of university-level girls. The research population included 60 (N=sixty) females between the age groups of eighteen and twenty-five years who were selected as subjects from the department of physical education (9T). Subjects were purposively assigned into two groups: group A: experimental (NI = 30) and group B: control (N = 30). All the subjects were informed about the objective and protocol of the study. The subjects in group A were subjected to a six-week yogic practice. The training consisted of a variety of yogic asanas (i.e.,

standing posture, balancing posture, backward/forward bending posture). The six-week yogic training practice showed significant improvement in cardiovascular endurance (t = 8.92), body composition (t = 16.64), strength and endurance (t = 8.52), and flexibility (t = 15.31) in group A as compared with the control group. The six yogic practices had significant effects on cardiovascular health, body composition, muscular strength and endurance, and flexibility.

Vijayalaxmi and Jayyoba (2013) conducted a study on the effects of the combination of own body resistance exercises and plyometric with and without yogic practice on selected physical and physiological variables among adolescent boys. The aim of the study was to determine the effects of the combination of own body resistance exercises and plyometric with and without yogic practice on physical and physiological variables among adolescent boys. 60 adolescent boys ranging in age between thirteen and eighteen years were selected and divided into three equal groups, and they were trained for twelve weeks. Prior to and after the training, a pre-test and post-test were conducted on agility, flexibility, and resting pulse rate. Statistical analysis was done using ANOVA. The results showed that the experimental groups showed a remarkable increase in agility, flexibility, and resting pulse rate compared to the control group. Agility, flexibility, and resting pulse rate variables of the experimental groups improved after twelve weeks of training, while other insignificant improvements were found in the control group.

Seif-Barghi et al. (2012) explored the effects of training on passing growth in select soccer players. Methods: 69 soccer players taking part in the national championship leagues in four age categories, including U16, U19, and U21, and over twenty-one were randomly assigned to the imagery and control groups. Interventional group participants completed an eight-week video-aided cognitive imagery programme on how to make a perfect soccer pass. Results: Performance analysis through close video analysis showed that the successful pass rate increased significantly in the intervention group compared to the control group (OR = 1.19, P = 0.002, 95% CI = 1.06–1.33). Further analysis revealed that the results are statistically significant in U16 and U21 but not in other categories. Conclusion: We concluded that successful soccer passing through real competitions as a multidimensional and critical open skill could be enhanced by an ecologically sound method of mental imagery.

Sathish (2012) found an effect of yogic practices on leg strength and flexibility among college basketball players. Based on the results of the study, it was concluded that yoga practices significantly improved leg strength and flexibility among college basketball players.

Gaurav (2011) determined the effects of yoga training on health-related physical fitness variables, including muscular strength and agility. Power speed and cardiovascular endurance were evaluated pre- and post-eight-week training programme. Students't-tests were used to assess the between-group difference and dependent data to assess the post-pre difference.

Manikam (2011) inspects the weight of force training enclosed by means of and without yogic practice of special emotional and technological skill surrounded by cloistered football players. Three coordinated groups, each with fifteen men of eighteen to twenty-five years of age, serve as subjects. The group one acted as the control group. Group two was known for muscle training with no yoga practice, and group III was given strength training with yoga practices. The training was given for three months, four days per week for two periods every day in the daybreak expression. The yogic package given had been given for forty-five minutes every day for twelve weeks, four days for each two-hour duration every day in the evening assembly to Group 3. Psychosomatic variables, namely nervousness and attainment inspiration, remained choices by way of variables as they may be measured by controlling consistent feedback. The ability level of the students has been objectively rated by three capable trainers. Analysis of covariance (ANOCOVA) has been used to analyses the together statistics. Scheffe's test has been owed as a post hoc examiner direct that there were significant changes in groups' enhancement due to working out. The results similarly indicated that power training and yogic practice groups were important for the development of the overall psychological and technical abilities of the subjects associated with another cluster.

Saroja (2011) put in order a preparation to discover that power yoga does not do bodily work out and that a mixture of yoga is put into carrying out physical exercise on certain motor presentation device physiological variables between school male undergraduates. Designed for this tenacity in 60 districts in Tamil Nadu, India, and

their ages ranging from nineteen to twenty-three, they remained equal to 4 groups, namely yoga group, physical exercise group, yoga practice, and physical exercise. Joined group and control group. The first three groups fixed yoga asana, pranayama, Dayana, and physical exercise one-to-one for 90 days. The pre-, before-, and after-test yield is meant for gap players pre- and post-preparation, respectively. Dependent variables are motor talent components (flexibility, cardio-respiratory endurance) and physiological variables (resting pulse rate, mouthful of air grip occasion). Self-governing variables (yoga physical exercise, grouping of yoga and corporeal movements, and control group) have been chosen. This training analyzed that the equal of flexibility was developed more by selected yogic training that of physical exercises and endurance joined practices that of physical exercises and endurance highly urbanized high elected behavior more than yogic carry out. Yogic teaching improves the inactive pulse rate more than physical exercise.

Samsudeen (2011) looked at the outcome of asana pranayama, mediation, and game-exact keeping fit on arbitrarily sized bodily health gears and presented a trial to district-level cricketers. 48 boys institute-level cricketers have been randomly selected from a lot of allied clubs in Madurai district and their phase option is in the middle of eighteen to twenty-five years of age. Originally, the cricket playing capacity of the players was subjectively rated by three well-informed trainers. With the matching plan of the source on their cricket playing performance, the players have been divided into 3 matched groups. Single group of 16 players Group-one has joined a particular game pitch agenda; Group-two has decided to join a particular meadow training with yogic practices; and Group-3 (Control) remains presented to a number of exact trainings. The sport-correct pasture training timetable was mainly framed to improve the cricketers' playing ability and appropriateness level. The game-specific training package planned by the researcher of the education was managed for a period of 12 weeks. Five being a week meted out for forty-five actions to group-second also prior to or after the sport's explicit grassland preparation. The yoga repetition comprises choice asana, pranayama, and mediation techniques. The motor-powered mechanisms identified as speed, explosive strength, endurance, and flexibility have been chosen as variables for this examination. Fifty-meter runs, a standing broad jump, a twelve-minute run, and posture and feel tests have been used to build up the physical fitness components of the subjects. Three selected trainers subjectively evaluate the cricket

playing gift of their own players. The direction for subjective ratings was specified by the researchers. The pre- and post-tests have been piloted one day before and after the training treatment. An analysis of covariance was used to analyses the composed data. Sheffe's test was used as a post hoc test to determine which of the paired means changed significantly. The results of the study expose that combined training and game-specific joint exercises with yoga do produce an optimistic impact on the motor workings and skill parameters.

Dr. Baljinder Singh Bal, Dr. Kanwaljeet Singh, and Dr. Wilfred Vaz (2011) organized the study "Effect of 4-week Yogasana Training on Balance and Agility in Adolescent Girls." A group of thirty school ten-agers, ages twelve to sixteen, and ten ages who joined in inter school yoga races Catch in the Fresh them fresh (CTY)volunteered, volunteer to participate in this study. They have been classified to yoga and counter fifteen yoga. The Yoga group was to a subjected to four week training limited asana (Hanumasana Sarvagasana, sarvagasana, chakrasan Halasana, and Ardhmastyedrasana). A t-test of group independent data was used to measure after-pre changes the level of p 0.05 was considered improved. Due to yogasana training, balance and agility significantly improved as compared with the control group, and the yogasana training may contribute to more concentration-based ability. **Dr. Baljinder Singh Bal, Dr.Kanwaljeet Singh, and Dr. Wilfred Vaz (2011)**

S. Senthilkumar and Dr. A. Prakash (2011) determined that the object of this determined study was to determine whether aerobic interval training with yogic practices (AEIYG) had more influence on choice physical fitness variables, speed, and agility, among high school football players. Study for this examiner randomly chose ninety football players divided into 3 groups, namely ageing, An1YG, and control group (CG). Originally, the subjects were tested for speed and agility after twelve weeks of development in speed (F: forty-five, forty-two) and agility (F8, 37) on adjusted means against means against the required F value of 3.1. The past hoe analysis proved that A IYG was better than CG and An IYG in improving the speed and agility of school-level football players. The results proved that aerobic interval training with yoga practices significantly improved the speed and agility of high school football players. The results showed that aerobic interval training with yoga practices significantly developed the speed and agility of school-level football

players. The results proved that aerobic interval training with yogic practices significantly enhanced the speed and agility of the school-level football players over anaerobic power with yogic practices.

Mane and Yadav (2011) examined a training programme and decided that choice circuit training exercises contribute positively towards the development of cardiovascular endurance, vertical jumping ability, agility, muscular endurance, and skill performance of football performers as tested by the Tuttle pulse ration test, the Sargent shuttle run test, the bent knee sit-up test, the 30m running with the ball test, and the kicking accuracy test. The associated physical fitness variables of football players have been significantly improved as a result of selected circuit training exercises.

Samsudeen and Kalidasan (2010) investigated the result of explicit ground training and yogic practice on physical, physiological, psychological, and aptitude variables in the middle of college-level cricketers. Sixty-four college-level players have been selected, ranging in age from eighteen to twenty-five. Examination of covariance be old to analyze the composed information, Schiff's test is new as a post hoc test to decide which of the balancing mean disparity significance changes between the groups is. Group II consumption has shown important development in the all-selected scale between college-level cricket players.

Alagesan et al. (2010) organize influence on designated physical fitness parameters such as potency, staying power, and flexibility. To aspire to this study, thirty male students studying in the section of physical education and sports science at Annamalai University, Tamil Nadu, have been selected as players. They have been in the same group as the fifteen students. Group 1: Training group yogasana for three days per week for twelve weeks Group-2 acted as a control, not scheduling any training schedule separately from their regular physical education programme. The subsequent variables, namely strength, endurance, and flexibility, have been chosen as measures. All the samples from the two groups have been tested on selected dependent variables prior to and after the training programme. The analysis of covariance was used to analyze the significant change, if any, between the groups. The 0.05 level of confidence was fixed at a level of significance to test the 'F' ratio got by analysis of

covariance, which was a careful choice. The final part of the training exposed that there was a major variation between the yogasana group and the control group in particular criterion variables such as power endurance and flexibility. Also, it was found that there was a significant development in option criterion variables due to yogasana.

Amutha's (2010) study examines the effect of elected yogic keep fit and pranayama on concern, V02max, and flexibility. Things for these fifty men students contain a variety of far above ground and higher secondary schools around Chidambaram town. They have been divided into two equal groups: one as the experimental group, which underwent training for nine weeks, weekly for five days, Monday to Friday from 6 a.m. to 8 a.m., and the control group (N=25), which underwent any extraordinary training. The outcome of the study was that the anxiety was fewer, maximal oxygen uptake, and flexibility improved in the training group. It was over that the yogic exercise had compacted the anxiety and increased the maximal oxygen uptake and flexibility.

Alagesan et al.'s (2010) study on the study of achieving yogasan's physical elected health parameters as such as strength, endurance, and flexibility To point out this aspect of the study, 30 male players studying in the department of physical education and sports sciences at Annamalai University, Tamilandu, were accidentally selected as subjects. They have been divided into equal-sized groups. The lone group consisted of the 15 subjects in Group I undergoing yogasana for 3 days per week for 12 weeks. Group II acted as below, with no particular training programme apart from their regular physical education programme. The following variables, namely strength, endurance, and flexibility, have been designated as measure variables prior to and after the training programme. The assessment of covariance was used to analyse the chief variation, if any, between the groups. The 0.05 level of confidence remained constant at the level necessary to test the "F' ratio obtained by the inspection, which stood as measured and proper. The fallout of the learning shows that there was an important change in the yogasana group and that they had power over the group on special norm variables such as strength, endurance, and flexibility. Also, it was created that there would be important development on selected principles and variables payable to yogasana.

Thewell, Greenlees, and Weston (2010) investigated the effect of a soccer-specific psychological skills intervention comprising self-talk, relaxation, and imagery on three ability subcomponents specific to midfield players throughout their talent. Using a multiple-modified baseline across individual frames, three participants consumed three ability subcomponents (passing, first touch, and tackling) measured across the first and second halves of their capacity for a period of eight competitive games. The results showed the intervention to be effective in increasing talent in the second half of performance for all participants in at least two of the performance subcomponents. Such as the outcomes available to various suggestions that psychological skill may affect performance in different lines throughout. Given the probable results, suggestions for future research directions are deliberated.

Santosh (2010) stated that the object of the training was to find out the influence of callisthenic and yogic exercises on certain physical and physiological variables. The training created was arranged for some of the twenty casually male students selected after Yogashatra College based on their first ability in 4 groups. Group A is the only callisthenic exercises group; group B is the only yogasana training group. Group-C mixture group (callisthenic and yogasana group), Group-D control group (who did not have any training), their range stood eighteen to twenty-two years old. Callisthenic and combined groups had different development on speed and muscular endurance. The yogasana group has been found to be significantly different from each other on several zones of physical fitness, including speed, whereas the callisthenic group and the combined group were found to be improvement changes from one to all other variables of physical fitness. Callisthenic and combined group has different also significantly-on speed and muscular endurance No significant difference has been found between yogasana and the combined group on all the physical fitness variables. The combined group has not improved physical fitness variables, which shows that physical and physiological fitness are developed by the treatment of all callisthenic exercise choices. From the inter-group analyses, it also appears that combined group callisthenic and yogasana are both good for enhancing the physical and physiological fitness of men players, so training of callisthenic and yogasana both contributes to balancing fitness.

Bal Kaur (2009) Organize the effects of asana in hatha yoga on selected agility and flexibility levels. The outcomes exposed the development of flexibility. The 6-week yogasana treatment schedule too showed significant improvement in the study.

Thiyagachathan, (2010) Conduct a study to isolate the collective upshot of yogic carrying out of corporal exercises on physiological, physical, and anthropometric variables among college male football players in Vellore district. The earlier physical variables are leg explosive power, speed, and agility. Physiological variables, namely blood hemoglobin, resting pulse rate, anaerobic control, and anthropometric variables, namely chest girth, thigh girth, and calf girth, have been elected as variables. For study, this 120 male sample from Vellore district, Tamil Nadu, has been selected as subjects partly, their ranged age from 18 to 25 being merely, and they have been separated into four groups, namely yogasana team, physical train group, recipe of exercise physical, and yoga manage group. The primary group option is yoga workout, the second group is physical exercise, and the third group does both yoga and physical exercise independently for twelve weeks. Prior to and test has been ways for all subjects before the start of conduct and post the conclusion of training of twelve weeks. The preparation was expressed as a true random group frame consisting of a pre- and post-test. In this study, the analysis of covariance (ANCOVA) to test was adjusted post-test mean changes among the experimental group. Once the adjusted post-test result was imperative, the analysis of covariance Scheffe's post hoc test was used to novelty the paired mean chief difference; there was enhancement notably in anthropometric variables such as upper body girth and high girth and physiological variables such as resting pulse rate. Blood hemoglobin and anaerobic power are physical variables, as are speed, leg explosive power, and agility, among college male players in Vellore. The combined trainer's yoga workout and physical exercises are important for the development of anthropometric variables such as resting pulse rate, blood hemoglobin, and anaerobic power. Physical variables such as speed, leg explosive power, and agility are additional to that yoga workout. Physical exercises among college players in Vellore district: yoga workout significantly improved anthropometric variables such as chest girth, thigh girth, and calf girth. physiological variables such as resting pulse rate, blood hemoglobin, and anaerobic power Physical variables such as speed, leg speed, explosive power, and agility are more important than bodily movements between college male players.

Bal B.S. B.S& Kaur (2009) limit the effect of asana choice in hatha yoga on agility and flexibility levels. The study for samples has been selected on the basis of an arbitrarily selected group project of 30 (N=thirty) men students who stand as subjects for the current study from D.A.V. Institute of Engineering and Technology, Jalandhar (Punjab). INDIA. All the samples were aged in the chorological range of eighteen to twenty-five years. The selected subjects were more evenly split into groups. Experimental training was then assigned to group "A," though group "B" acts as a control. The hexagonal obstacle test was applied to dignified agility, whereas the "sit and reach test" was also used to measure flexibility. The samples have been subjected to the 6-week yogasana training programme, which includes Swastikasana. Mayurasana, Matsyendrasan, Paschimostasana, and Gomukasana The changes in the mean of every group for designated variables were tested for the significance of changes by the "t' test level of importance set at 0.05, and the outcomes showed a significant improvement in flexibility since cal, t (=8.122)>tab t.05(14) (=2.145). The training of the 6-week yogasana treatment programme also showed significant growth in agility since cal.t (=7.376)>tab t. 05(14) (=2.145).

Kodagere, U. (2009) organized research on "the comparative effect of yoga and lezim exercises on the choice of psycho-physiological and physical fitness variables among schoolgirls." The investigator learned about the influence of yoga and lezim on the fitness variables of the schoolgirls. He studied also the importance of including yoga and lezim in the school agenda; according to his study, yoga had a higher influence than lezim in developing the behavior of the school adults. In comparison to lezim, yoga assisted in decreasing the systolic pressure, respiratory rate, and pulse rate, while lezim improved the VO2 max. The abdominal strength and flexibility improved with the support of yoga. Muscular endurance and cardiovascular endurance improved with the help of lezim. In this study, the effect of yoga was studied by arranging the various fitness and physical factors that support the present-day study of the effect of yoga on football players.

Chen et al. (2009) conducted a study on the "effect of yoga intervention on health-related physical fitness in school-age asthmatic children." A quasi-experimental examiner frame was used in the study, in which thirty-one adults, sixteen volunteers in the exercise group, and fifteen volunteers in the control group, aged seven to

twelve, and attended the public elementary school in Taipei. The yogic exercise remained in the group for three periods a week for seven weeks. The yoga period lasted for 60 minutes. Ten minutes of warm-up exercises, forty minutes of yoga postures, and ten minutes of cooling-down exercises the scholar found a positive association between exercise and the endurance of the volunteers. The exercise group significance showed results with regard to the flexibility of the volunteers. With GEE analyses, the yoga exercise showed development in BMI, flexibility, and muscular endurance. The study showed that the flexibility and endurance stood improved, which was an inspiring sign for the current study as it would help in improving the flexibility and endurance of the football trainers with the help of the various yogic practices.

Sedano et.at (2009) the aim training stood anthropometric and fitness form of girls soccer sportspersons by level and playing situation. Another profile has been studying the correlation between the kicking speed of the concerned trainer on the one hand and anthropometric characteristics and likely explosive strength on the other. In that connection, 190 boys and girls soccer students have been tested post-existence in the number of two groups, with the keeping group being the best, comprising the one hundred non-choice group of the 90 sportspersons. Individual measurements have been taken with body composition in regard to body mass, leg length, height, drop jump, and movement jump with counter. Speed kicking by single of both legs and right or left legs was also measured. For checking the final result of the survey, the multivariate analyses of covariance, abbreviated MANCOVA, stood out, and the results were body mass, body fat, and muscle mass, which changed significantly by level. Mancova prepared not to show necessity modifications by level of play—neither explosive strength nor kicking speed. It exposed improvements between playing positions rather. It merited a mention that there was a confident development correlation between body mass, leg length, muscle mass height, drop jump height, counter-movement jump height, and experience of players on the one hand and kicking speed with the leading and non-dominant leg on the other for both the selected players and non-selected students. Observed is that females change from non-selected players in terms of anthropometric features, while explosive strength and kicking speed don’t stretch sensitively to distinguish information between levels. However, few positional implications may be had from the findings that only

goalkeepers tend to consume a particular training anthropometric explosive strength and experience.

Fondran, Kristine Marie, et al. (2008) define the influence of twice-daily SN yoga repetition on resting heart rate (HR) and blood pressure (BP). Flexibility, upper body muscle endurance, and perceived happiness in less vigorous males and girls Approaches: contributors (twenty-four girls and six boys; mean ages of thirty-four) were arbitrarily given to a yoga or control group using the fishbowl technique of chance replacement assignment. After a three-hour introduction to proper N techniques, the study has been focused on achieving two SN routines daily for ten minutes each, followed by a five-minute relaxation period, five times per week for a period of six weeks before and after measurements have been arranged. Inferential statistical analysis with repeated measures (two-way ANOVA) was used to analyse the upper body muscle endurance.

Cowen and Adams (2008) examine the perceptual and physical welfare of yoga asana training. 26 fit adults and twenty-five-hundred-eight (mean 31.8) sportspersons in 6 weeks of either astanga yoga or hatha yoga class Substantial development at follow-up has been noted for all participants in diastolic blood pressure, upper body and trunk dynamic muscular strength and endurance, flexibility, apparent stress, and health insight. It was concluded. It was decided that development for the hatha yoga group stood significant only for trunk dynamic muscular strength and endurance, thirty-three, and flexibility. The conclusions advise the fitness community to practice yoga in different ways.

Mark Tran et al. (2008) organize the influence of Shastanga yoga on the health-related aspect of substantial vigor. Untrained ten healthy volunteers (9 girls and boys), reaching ages from eighteen to twenty-seven, have been studied to determine the effects of hatha yoga practice on aspects of physical fitness, including muscular strength and endurance, flexibility, cardio-respiratory fitness, body composition, and pulmonary function. Subjects needed to attend a minimum of two yoga classes per week for a total of eight weeks. Each yoga session, consisting of 10 minutes of pranayamas (breath control exercises), 15 minutes of dynamic warm-up exercises,

fifty minutes of asanas (yoga postures), and 10 minutes of yoga practice, can elicit developments in health-related aspects of physical fitness.

Telles et al. (2006) assessed the performance in a mirror star tracing task in two groups of volunteers (yoga and control), with twenty-six people in each group and a range between eighteen and forty-five years. The to be traced six-point outline made up sixty circles (4mm in diameter). It was concluded that one month of yoga developed reversal performance, eye-hand coordination, speed, and accuracy, which are necessary for mirror star tracing.

Johnson & Mariyah (2007) examine the selected effect yoga performs in attractive the kicking talent between the boys soccer groups by helping the coach in the ground of yoga, sports instruction, and former research on these fields. A total with suitable yoga packages stood changed. 30 boys' soccer athletes at the intercollegiate level have been chosen aimlessly to be preserved under the framework of the training package to find out the drill impacts and results. The selected soccer school boys trainer underwent 12 weeks of exhaustive yoga exercise as well as their daily sports training. The kicking performance was slow pre- and post-training by the examiner in the Warner Test of Soccer Skills. The subjects were analysed by using the "t" ratio for explanation. The framed training packages have been suitable and have made optimistic trainers influential on kicking performance among soccer players.

Murugesan et al. (2007) organized yogasana influences on muscular strength and flexibility among higher secondary school students. Samples of forty upper secondary school players form K.V.R. Higher Secondary School, Virudhaunagar alienated be they hooked on group as tentative and manage group to test the muscular strength and hip flexibility. Pull-ups and sit-and-increase exams were managed at the start and finish of a week of six new training sessions discretely. The calm data have been scientifically inspected by using "T" tests for connected means. It was discovered that there was a vital variation in muscular strength and flexibility among the novel group and the control group.

Rajkumar (2007) observed yogic and physical exercises of practice's effect on selected physiological and physical limits in football athletes. He concludes that yogic

practice groups showed improvements in flexibility, latent pulse rate, gulp of air holding instance, and climax stream velocity among the football players.

Chougale, S.N. (2006) examines a scholar on the "Effect of selected asanas and aerobic exercise on selected health-related fitness variables of upper primary school girls." The training helped to distinguish the effects of aerobic workouts and yoga asanas on physical health. The examiner stood complete eleven-twelve an age institute successful teen-agers. The scholar planned an aerobic and asana package to watch the welfare of school money-making girls. The study presented that the girls were going the programme too helped in improving the flexibility of the girls overall health-related physical fitness. The study focused on the effect of selected asanas on physical fitness, which was necessary in the current test to understand the result of the football players cutting-edge training.

Fagnani Federica et al. (2006) studied the short-term effects of an eighteen-week complete body vibration procedure on muscle ability and flexibility in feminine modest athletes. 26 elder helper female sportspersons (ages 21–27) have been randomized to the shaking group or control group. The pulsation interference contained in an eight-week entire body shake three periods a week working by stand-up on an upright stage As a result, 3 ability tests (counter-movement jump, extension strength of inferior edges with a moving flat leg press, and a sit-and-reach test for flexibility) were done originally and before eight weeks. It has been decided that full body shake is a suitable exercise technique to develop knee extension, maximal strength, countermovement jump, and flexibility in a fresh girlish sportsperson. It remains correctly planned to not only do the best occurrence of largeness and g-services essential to be proof of identity, but also the level of muscle start that would welfare extra form tremor inspiration.

Cwen et al. (2005) examine a workout through 26 well-aged adults in the age group of twenty-fifty-eight (Mean31.8). They joined for six weeks. Of both astanga yoga and hatha yoga programmes, important upgrading at Shadow stood out for fleabag applicants in diastolic blood pressure, upper body, and dynamic muscular strength and endurance. Flexibility, apparent pressure, and well-being awareness

Paul, D., and Jr. Canton (2005) consume orange training on cardiovascular and motor fitness. 3 groups of fifth sixth class's boys have been 3 weeks commands in regular, basketball and wrestling individually ANOVA plus the Finney "T" test has been used to control the significance (p 10) of alteration on resting diastolic blood pressure, the five-action step test, entire body strength, the Illinois agility run, and total performance body rate. It stands to reason that basketball and wrestling are extra effective in developing total body strength and other significant changes.

Boyel et al. (2004) conclude the effects of yoga drill and single session of yoga on the strength of behind thirty-nine-onset muscle tenderness (DOMS). Twenty-four yoga-trained (YT; n = 12) and non-yoga-trained (CON; n = 12) matched female helpers have been managed with DOMS, including bench stepping workout tenderness measured at baseline at 24.48, 72.96, and times pre-bench stepping using a Visual Analogue Scale (VAS). Groups have also been associated with body awareness (BA), flexibility using the seat and reach (SR), and perceived exertion (RPE). It was concluded that yoga training and a single bout of yoga appear to weaken peak muscle soreness in women following a bout of eccentric exercise.

McMillan K. et al. (2004) examine the physiological adaptation to soccer-specific endurance training in professional youth soccer players. Eleven youth soccer players with an age range of 20 to 25 years performed high-intensity aerobic interval training sessions twice per week for 10 weeks in addition to normal soccer training. The specific aerobic training consisted of four sets of four-minute work periods of dribbling a soccer ball around a specially designed track at 90-maximal heart frequency, with a 3-minute recovery jog at 70% of maximal heart frequency between intervals. Mean Vo2max improved significantly from 63.4 (5.6) to 69.8 (6.6) ml kg-1, or 183.3 (13.2) to 201.5 (16.2) ml kg-0.75 min-1 (p 0.001). Squat jump and counter-movement jump height increased significantly from 37.7 (6.2) to 40.3 (6.1) cm and 52.0 (4.0) to 53.4 (4.2) cm, respectively (p 0.05). No significant changes in body mass, running economy, rate of force development, or 10m sprint times occurred when performing high-intensity, four-minute intervals of dribbling a soccer ball around a specially framed track together with regular soccer training. With no negative interference effects on strength, jumping ability, or sprinting performance.

Harinath et al. (2004) organized a study on the "Effect of Hath Yoga and Omkar Meditation on Cardiorespiratory Performance, Psychological Profile, and Melatonin Secretion." In training, the 30 men's twenty-five to thirty-five ages have been calculated. Here stood two teams. Group one performed a body flexibility workout of 40 records and 20 follow-ups of sluggish running and 60 minutes of playing every day for 3 months. Group 2 choice yoga bodybuilding for 42 minutes pranayama and meditation for 30 proceedings for 3 months the yogic group presented enhancements in cardiorespiratory ability and psychological shape. The plasma melatonin showed more after 3 months. This training assisted the examiner to relate the yogic practice through the present training that would benefit the football players to improve decent endurance and flexibility as the yoga group presented significant consequences in the current training in relation to the cardio-respiratory ability.

Govinarajulz, J. Gananadeepm, and Bera T. K. (2003) showed the effects of the yoga workout on flexibility and cardio-respiratory endurance. They occupied 60 high school adolescents (average ages of twelve) who had been helpers in pre-experimental team "A" (n1–thirty) for a period of eight weeks. Controlling the group "B" (n1-thirty), there was no training within new conduct. Pre- and post-assessment contain exercises for flexibility and cardiorespiratory endurance. The outcomes of the ANOVA exposed that here stood endurance. Therefore, short-term yoga is precious for humanizing flexibility. Not the cardio-respiratory endurance flat at the stage of adolescence in teenagers.

Lohan and Rajesh (2002) examine the effect of asana and pranayama on the physiological and physical mechanisms of males among the twelve-sixteen eternities. 100 and 20 samples have been similarly separated into asana and pranayama. Combined and skilled group. Ten weeks schedule agenda was bounced to test abdominal strength, speed, agility, power, and endurance by using the AAHPER youth fitness battery test and blood pressure, heart rate, vital capacity, and pulse rate, and after the test, the notch was analysed by using ANACOVA. It was decided that physiological and physical suitability have been developed through the study of high-quality yoga workouts. The group asana and pranayama showed significant development in the fitness of physical and physiological combined parameters.

Khan.Chand. Leakage, V. L.,& Bera T. K. (2002) This study was directed by a view to seeing the effect of yoga on components of skill of elite hockey players. Forty (n = 40) men hockey companies learning in the eldest college, available in the IQRA'SH.J. Thin College of Arts and Science, Mechurum, Jalgoan (affiliated to N.M. University, Jalgaon), per age group 1 to 25, have been included in the study. These subjects were divided into two equal groups, viz., group A (n l = 20) experimental group B (n l = 20) control group A, i.e., the experimental group, participated in the systematic activity as per the college schedule and also underwent a special training programme of yoga and hockey skills practices like ball control tests and goal shooting tests, while group B, i.e., the control group, was involved in their regular activities as per the college schedule and was not allowed to participate in any special training programme. The outcomes of this training programme disclose that a yoga training programme has a significant effect on components of the skills of elite hockey performers. Since the outcomes, it is concluded that yoga training specially framed for hockey players' forces has improved skills like ball control and goal shooting.

Choudhari, Y.D. (2002) examines a scholar on "A Study of the Effect of Asana and Lezim Programme on Select Variables of Physical Fitness of School Boys" training for complete males aged fourteen to fifteen. The examiner presented the positions of lezim and yogasana in schools. The schedule plan suggested for developing fitness at a health-related level in the school boys the programme helped in improving the cardio-vascular efficiency, flexibility, strength, and endurance of abdominal muscles and also facilitated decreasing body fat. The study knew the effect of yoga on the choice of physical fitness variables studied, which helped the current training see the influence of yoga on the physical fitness of the football players.

Karuppasamy (2002) Organize a training on "The Effect of Physical Training and Asana on Selective Physiological Variables and Motor Ability Components among College Men." For this study, he selected 30 college boys ranging in age from eighteen to nineteen years and shared them with three groups that experienced a 6-week physical activity plan of asana and physical training and a control group that did not do any training. He used ANCOVA and found that there was a significant effect of asana on pulse rate but no difference in speed.

According to Hoff et al. (2002), in expert soccer, a monumental sportively. Momentous amount of training time is used to improve play however, aerobic volume. However it is not -specific soccer particular training satisfies the criterion of effective endurance training to improve maximal oxygen uptake, namely an ex90%–95 intensity of 90%-95% of in maximal heart rate in eight period of three to 8 minutes. To regulate whether ball dribbling and small group performance an interval events for intervals training, and whether heart rate in soccer definite training is a legal ensure of define Six well-k intensity. Good coached first division soccer play examination part in the examine. To test whether soccer particular effect training stood training, CT interval training persons ran in a correctly framed well lining, as good as trainer a small group play (5 aside). Laboratory test to established relationship blushed the relation between heart rate and oxygen uptake while running on a tread measurement sewerage measurement stayed made on the soccer fiesystemg a moveable systems for measuring oxygen uptake. Exercise strength during small group play stood at 91.3% of maximal heart rate or 84.5% of maximal oxygen uptake. Conforming values by a dribbling track were 93.5% and 91.7% No higher heart rate was observed during soccer workouts. Soccer's exact workout using ball dribbling or small group play may be used as aerobic interval training. Heart rate monitoring during soccer-specific exercise is a valid indicator of actual workout intensity.

Hegerud J. et al. (2001) examine how the aerobic endurance schedule develops soccer ability. The goal of the existing study was to determine the effect of aerobic physical activity on performance through soccer matches and soccer-specific tests. 19 men, the best junior soccer players, aged 18.1+/-0.8 years, aimlessly allotted to the training group (n = 9) and the control group (n = 10), participated in the training. The aerobic training consisted of four minutes of interval training at 90–95% of maximal heart rate, with a three-minute jog in between. Double per week for eight weeks, players were monitored by video during two matches, one before and one after training. In the training group:a) maximal oxygen uptake (Vo2max) increased from 58.1+/-4.5mLxkg (-1)x min (-1) to 64.3+/-3.9mLx kg (-1)x min (-1) (p0.01); b) lactate threshold improved from 47.8+/-5.3mLx kg (-1)x min (-1) to 55.4+/- 4.1mL x kg (-1) x min (-1) (p0.001); c) running economy was also improved by 6.7% (p0.005); d) distance covered during a match increased by 20% in the training group (p0.01); e) number of sprints increased by 100% (p0.01) f) the number of involvements with the

ball increased by 24% (p 0.05); g) the average work intensity during a soccer match, measured as present maximal heart rate, was enhanced from 82.7+/-3.4% to 85.6+/-3.1% (p 0.05); and h) no change was found in maximal vertical jumping height strength, speed kicking velocity, kicking precision, or quality of passes after the training period. The control group showed no change in any of the tested parameters. Enhanced aerobic endurance in soccer players improved soccer performance by increasing the distance covered, enhancing work intensity, and increasing the number of sprints and involvements with the ball during a match.

Lohan and Rajesh (2002) examine the effect of asana pranayama on the physiological and physical components of boys between the ages of twelve and sixteen years.100 subjects have been similarly separated into asana, pranayama, combined, and skilled groups. A 10-week drill programme has been given to test abdominal strength, speed, agility, power, and endurance by using the AAPHER Youth Fitness Test Battery and measuring blood pressure, heart rate, vital capacity, and pulse rate. Pre- and post-notches have been analysed using ANCOVA. It was concluded that physical and physiological fitness were improved by the training of selected yoga exercises. The combined group of asana and pranayama showed significant improvement in the physical and physiological fitness parameters.

Tiken, Kosana, Joy, and Inaobi (2002) determined the influence of particular yoga and aerobic exercise on the physical fitness of SAI (NERC IMPHAL) STC athletes. Thirty men and 30 females from SAI NERC Impala were divided into 2 groups according to their mean age and height of 17.5 years and 172.8 cm and 156.4 cm, respectively. Training was assumed twice a week for four months. Vertical jumps to test explosive power, push-ups and sit-ups to test strength and endurance, sit and reach to test flexibility, a fifty-meter dash to test speed, and a 12-minute run-walk to test endurance have been resolved for the aerobic workout and yoga group pre-training and post-training. It was settled that (i) the improvement of physical fitness assessed on 3 selected physical fitness tests after months of yoga and aerobic exercise justified the fact that both yoga and aerobic exercise groups were found superior to girls groups in sit and reach (flexibility), 12 minute run-week (endurance), and 50 yards (speed).

Reddy and Ravi Kumar (2001) focused on training yogasana and aerobic dance and their effects on designated girls samples of motor fitness in components. The speed, agility, shuttle run, sit and reach, flexibility, and nine-minute run/walk to test cardio-respiratory endurance were steered, and yogasana time was twelve weeks with 10 subjects in every team. The data have been analysed by the "t" test, analysis of covariance, and post hoc test completely with Scheffe's test. It was determined that the daily workout of yogasana increased significantly agility, speed, flexibility, and cardio-respiratory endurance, though repetition of aerobic dance also improved expressively the overhead influences, and there was no change in speed among yogasana and aerobic dance teams post-drill. Agility, flexibility, and cardio-respiratory endurance

Reddy and Kumar (2001) examine a study on yogasana and aerobic dance and their effects on particular motor-powered fitness components in female subjects. The speed. A shuttle run, agility sit and reach to test flexibility, and a nine-minute run/walk to test cardiorespiratory endurance were conducted for control. Yogasana and aerobic dance groups the workout was assumed to last for a period of twelve weeks, with ten samples in each group. The data were analysed by the "t" test; the analysis of covariance and post hoc tests were done with the Scheffe test. It was concluded that the repetition of yogasana significantly improved speed, agility, flexibility, and cardio-respiratory endurance, while exercise in aerobic dance also suggested the above influences, and there was no difference between yogasana and aerobic dance groups pre-training with regard to speed, agility, flexibility, and cardio-respiratory endurance.

Maity and Samanta (2001) showed a training effect on the effect of calisthenics and yogasana on motor suitability status in girls. Before and after scores of Oregon motor test fitness obtained from the callisthenic group, yogasana group, and control group remained analysed by using the "t' test after a 12-week schedule. It was concluded that (i) the development of motor fitness as assessed on the Oregon Motor Fitness Test after twelve weeks of conduct justified the fact that both the plans of callisthenic and yogasana stood active in improving the motor fitness of 15^{th} grade girls, and (ii) the callisthenic bodybuilding line-up has been found to be more relevant to yogasana

ability in each individual test item of the Oregon Motor Fitness Test except crossed arm curl-ups.

Manjunath & Telles (2001) discussed improved ability in the Tower of London test following yoga. 20 females between the ages of 10 and 13 studying at a residential school have been aimlessly allotted to two groups. One group trained in yoga for one hour and fifteen minutes per day, seven days a week, whereas the other group trained in physical training for the same time. Time for scheduling and execution and the number of moves required to complete the Tower of London task were assessed for both groups at the beginning and end of a month. These assessments were separately tested in increasingly complex tasks requiring 2-nioves, 4-nioves, and S-moves. The pre-post data were compared using the Wilcoxon paired signed rinks test. The yoga group showed a significant reduction in planning time for both 2-move and 4-move tasks, execution time in both 4-move and 5-move tasks, and the number of moves in the 4-move tasks. The physical training group showed no change. Rush and Tells (1999) assessed motor speed (MS) of both hands in 53 adults and 152 children before and after a yoga training, and in 38 adults, a both non- (TS) test was considered as there time intervals, i.e., 0–10 seconds (TSI0), 10–20 seconds (TS2), and 20–30 seconds (TS3). There was a significant (Student's 't) test increase in all three TS values following 10 days of yoga in children and 30 days of yoga in adults. These results suggest an increase in motor speed for repetitive finger movements following yoga training but not in strength or endurance, as the increase was not sustained over 30 seconds.

Ray et al. (2001) examined the practical effect of yogic exercise throughout the training period on the young sportspersons. A team of fifty-four players of twenty to twenty-five ages was divided randomly into two groups: yoga and control group. The yoga group (23 men and women) stood administered yogic practice for 24 of the first 5 150 days of the route, while the manage group (twenty-one men and five women) did not attain yogic exercises during this time. From the sixth to tenth month of preparation, the group performs the yogic workouts together. Physiological parameters similar to heart rate, blood pressure, oral hotness, and coat warmth in the ensuing chaos response to most and sub-maximal put into effect, dead body flexibility, are recorded. It was decided that there was a development in ability at the

sub-more stage of exercises and in anaerobic entrance in the yoga set, and in vogue stem and collar flexibility in the yoga team.

Limbkar, Jitender, and Bera T.K. (2000) Shooting is a skill that is, in fact, a deciding factor in most games and sports. The time that consumed the past, whether recorded in history or not, has left footprints as evidence that shooting, one way or another, was associated with and grew with the evolution of human beings. Hence, the present study was undertaken with a view to evaluating the effect of yoga stretching and relaxation on accuracy in rifle shooting among school students. Eighty students (n = 80) of Chembur Naka municipal school in Chembur, Mumbai, with ages ranging from 12 to 17 years, were selected randomly for the experimental All the subjects were divided into four equal groups, viz., Group A (n l = 20; rifle shooting); Group B (n2 = 20; yoga and rifle shooting); Group C (n 3 = 20; yoga and visual observation of rifle shooting); and Group D (n = 20; control). All the subjects shooting abilities, speed, accuracy, and fluctuation of attention were recorded in the pre-post test data. The various training innervations for different groups were imparted for a total period of six weeks. The outcomes of ANCONA followed by Scheffe's post hoc test indicate that yoga training was more effective for improving accuracy in rifle shooting. The results also helped to conclude that yoga stretching and relaxation techniques would be more advantageous to achieve in rifle shooting.

Dhanaraj (1992) studied the effect of selected yoga and objective exercises on the flexibility and cardiorespiratory endurance of Madurai Kamaraj University players. 150 cases remained randomly and erratically known to the yoga keep fit group, the physical workout group, and the control group. Experimental time stood at weeks. Matters in the yoga put into effect an inferior penalty in flexibility and cardiorespiratory endurance.

Banerjee, K., and Das, S.S. (1992) harangued the effect on the working of Yuva football players through experiments during different exercises. Training effects the factors of working, but in order to obtain a meaningful effect, how much proper duration should be was the main purpose of this scholar. Football players from the main 29 school-going pupils belonging to the age group of 10–12 years were selected. They took the test of speed, endurance, strength, flexibility, and football skill.

Accordingly, they were given a training period of 8 weeks. Throughout their drill training period, the above physical performance and skill tests remained concurrent, and development in the factors of directional sight, shooting, kicking, juggling with a ball, and endurance was seen. But then again, the maximal productive outcome was 6 weeks of training. More development was seen in all remaining factors after 8 weeks. This study proves that in order to find out the successful results of training, a minimum of six weeks should be assigned.

Sharma and Mann (1990) steered a training on the relative effects of yoga and proprioceptive neuromuscular fusion (PNF) technique on hip joint flexibility. They stood unhurried in right and left hip joint flexion pre- and post-experiment. The current analysis of alteration has shown that subjects were randomly separated into 3 groups of 14–16 years, each consisting of 12 equal individuals, and the observed mean difference was found to be statistically significant.

Bera, T.K., Rajapurkar, M.V., and Ganguly, S.K. (1990) organized a scholar on "Effect of yoga training on body density in school-going boys." In this training, the examiner assessed the effect of a one-year yogic workout training plan on body thickness and its nominated applicable variables. Fat folds have been taken from the triceps, subscapular, post-surplice, chin, and midoxialliary sites by a Lange caliper in 20 experimental and 20 control male subjects before and after a one-year progressive training regimen. Yogic exercise training consisted of 17 practices. ANCOVA-related significant increments in body density and ideal body weight (p 0.01) were observed for the experimental group as compared to the control group. However, significant gains in present body fat and absolute fat weight have been observed in the control group. The yogic workout does (1) specially reduce the current body density fat and complete fat weight and (2) pointedly grow the idyllic physique thickness. The training helps the scholar know the effect of yoga training on body fat percentage and other variables that would affect the fitness components. It would help the present study understand the effect of yoga on the fitness components as well as the football players.

Ganguly and Gharote (1989) examine a scholar with a view to evaluating the effect of yogic practices on the variables of endurance and flexibility, which are the

imperative influences of physical fitness. The examiner complicated focusses on the trainers of the Regional Police Training School, Khandala. The subjects have been similarly assigned to two groups: the experimental group and the control group. Outcomes revealed that the sitting pulse rate of the experimental subjects was low compared with the control group. Moreover, the cardiovascular endurance, as judged by the Harvard Step Test, improved significantly in the subjects of the experimental group. Similarly, the upgrade in flexibility among the subjects of the new group is statistically important.

Ganguly, S.K., and Gharote, M.L. (1989) organized an examination on the "Effect of Yogic Training on Endurance and Flexibility Level." The training absorbed on the effect of yogic practice on endurance and flexibility seventy people have been involved from the regional police training center in Khandala. There were two groups: the experimental group and the controlled group. It studied the pulse rate, and the pulse rate of the experimental group was lower compared to the controlled group. The cardiovascular endurance was checked with the help of the Harvard Step Test. This showed results in the experimental group. The flexibility of the experimental group had significant outcomes. The study helped the examiner understand the effect of yoga training on endurance and flexibility, which would help the scholar improve the physical fitness factors of the football players in the study.

Gharote, M.L., and Ganguly, S.K. (1973): 9 weeks of working out in yogic physical culture remained cooperative to the common physical fitness level of forty-nine police cadets who were already conditioned to physical activities as against the control group of 49 engaged only in school schedules as judged through the (a) Fleishman Basic Fitness Test. (b) Cureton's flexibility test; (c) skin fold; and (d) the Harvard Step Test. The development stayed significant in level flexibility. While reviewing the research literature on shooting and novel motor skills, it has been observed that the research has been mainly in the following areas of exploration:

Moses, O.R. (1973), conducted research on the "Effect of Yoga on Flexibility and Respiratory Measures of Vital Capacity and Breath Holding Time." The study was administered to 27 male students for a ten-week training programme. The study focused on flexibility and breath-holding time. In the study, ANCOVA showed that

the yoga students showed better flexibility of the neck, hips, trunk, and breath-holding capacity. The study also showed that the yoga group showed a positive attitude compared to the non-yoga group. This study helped the researcher understand the effect of yoga on the flexibility and breathing of yoga practitioners. It was also helpful in the present study to correlate the effect of yoga on the flexibility and cardiovascular endurance of the football players.

Robson Moses (1973) stated confidently the effect of yoga exercise on breath regulation and flexibility. In the experiment, four flexibility measures, four differences in breath stock vital capacity, and an attitude questionnaire about the activity were administered to twenty-seven trainers at the beginning and end of fourteen weeks of yoga physical education classes. The variations in these measurements were due to the same number of students drawn at random from a variety of other physical education classes. ANOVA presented that yoga students made greater gains than the non-yoga group in hip, trunk, and neck flexibility in three of the four deviations of the breath plot and in vital capacity. The results of the attitude questionnaire indicate that yoga learners were more positive about the benefits of yoga than the non-yoga group in the activities in which they were enrolled.

CHAPTRE- III

METHODOGY

The process assumed in the present investigation effort is connected to the collection of subjects, range of variables, preparation process, investigational design, and collection of test directions. Conduct study, collected works of data, supervision of the tests and numerical procedure concerned in the revise.

Selection of subjects

The purpose of the preparation remains en route for the creation of the **"Effect of Selected Exercise in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years."** To reach this drive, 100 boys football players stood designated in the age collection ranging from 14 to 16 ages learning in the Government High School of Vijayapura District of Karnataka State. They were selected arbitrarily as subjects and separated into double the same groups of fifty, all identified as the investigational group and the controller group.

Selection of variables

The inspector calculated from side to side the available related works and discussed them with the specialist in the meadow, as well as with the examination guide and the assortment of variables for the present study work. The researcher used the available technique based on the data and did the analysis regarding viability, reliability, and the results of the results before concluding the variables. The variables selected for the present research work are motor fitness and football skills.

Independent Variables

Yoga

- Surynamaskar

Standing Asana

- Vrikshanasana
- Ardhakatichakrasana

Sitting Asana

- Vajrasana
- Simhasana

Supine Asana

- Pawanamuktaasana
- Naukasana

Proline Asana

- Dhanurasana
- Bhujangasana

Dependent Variables

- Speed
- Agility
- Flexibility
- Co-ordination

Football Skills Variables

- Dribbling
- Passing
- Shooting
- Kicking

Experimental preparation

The teaching was framed as a before-and-after-test random group design, in which 100 boys football players were separated into equivalent groups. The experimental group I (N=50) underwent yoga training for a period of twelve weeks, six days per week, for a duration of sixty minutes. The control group II (N=50) does not have any specific training other than their practice work.

Selection of test

The examination matter particular for this study is a thorough review of the literature as well as discussion with experts, physical education professionals, and administrators. The selection test and criterion variables are presented in the following table:

SL. No	Test Items	Criterion variables	Measurement
1.	50-yard dash test	Speed	Seconds
2.	Shuttle Run	Agility	Seconds
3.	Sit and Reach test	Flexibility	Ruler or measurement
4.	Hand Wall-Toss Test	Co-ordination	The score is the number of successful catches in 30 seconds.
5.	Warner Test for Soccer Skills	Dribbling	Seconds
6.	Mor-Christian Soccer Test	Passing	Points
7.	Shooting Ability	Shooting	Points
8.	Warner Test for Soccer Skills	Kicking	Meters

Training Procedure

Yoga Training Schedule

SL. No	**Yoga Training**	**Time Period**
	Warm up	5 minutes
	Surynamskar	10
1	Vrikshasana	
2	Ardhakatichakrasana	
3	Vajrasana	40 Minutes
4	Simhahsana	
5	Pawanmuktasana	
6	Naukasana	
7	Dhanurasana	
8	Bhujangasana	
	Relaxation	5 Minutes
	Total	60 Minutes

Note: The above mentioned schedule will be continuing same for 16 weeks training program.

Training Procedure

Motor and football skill

SL. No	Motor and football Training	Time Period
	Warm up	7 minutes
1	Speed	6
2	Agility	6
3	Flexibility	6
4	Co-ordination	6
		24Minutes
5	• Dribbling	6
6	• Passing	6
7	• Shooting	6
8	• Kicking	6
		24Minutes
	Relaxation	5Minutes
	Total	60 Minutes

Note: The above mentioned schedule will be continuing same for 16 weeks training program.

Orientation of the Subjects

The superintendent clarifies the reason for the revision and the place of the preparation programme to the subjects in order to obtain their cooperation as well as safe, reliable data. A few days will be exhausted to instruct a variety of yoga training involved in the preparation of the instruction prior to the beginning of the training programme.

Pilot Study

The researcher aspired to know the "Effect of Selected Exercise in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years." For the purpose of conducting the study, the investigator chose 50 subjects intended for the study. Before the test was administered and recorded, then the examiner was given a month's training in yoga. The after-test was administered quickly after the one-month training. The investigator compares the advance and afterword test results. The post-test results indicate significant development in motor fitness and football skill variables.

Collection of data

The statistics were collected by showing the pre- and post-test.

Motor fitness to calculate speed (50 yard dash test), agility (shuttle run), flexibility (sit and reach test), and coordination (hand wall toss). And Dribbling (Warner Test for Soccer Skills), Passing (Mor-Cristain Soccer Test), Shooting (Shooting Ability), and Kicking (Warner Test for Soccer Skills) for Football Skills.

Administration of training

Asanas

Surya Namaskar

The meaning of Surya Namaskar is to salute the Sun. It is a mixture of selected yoga poses in a non-stop series. It involves stretching, arching, and compressing various body muscles to tone up the body. The yoga pose is also useful in enhancing the digestive and respiratory systems of the body. Moreover, regular practice of Surya Namaskar develops the strength, balance, flexibility, focus, and concentration of both body and mind. This set of yogic postures is considered to be the best among all the yoga exercises and is advised to be practiced twice a day for optimum advantages. The steps of Surya Namaskar poses are described below.

1. Pranamasana

Plate-I Subject performing Pranamasana

Procedure

- The first step, or Surya Namaskar, has been recognized as the standing pose, prayer pose, or Pranamasana.
- For this, you stand straight and bring your feet together.
- Bend your elbow and let your palms face each other as if you are doing a Namaste.
- Now keep your chant the eyes closed and Om mantra.
- Take your time during this whole process.
- Don’t speed it up since this is the first step of Surya Namaskar; it can take a couple of minutes.
- Make sure your mind stays focused throughout the session.

2. **Hasta Uttanansan**

Plate-II Subject performing Hasta Uttanasana

Procedure

After you have finished the first step, come to the second step, which is known as Hastauttasana, or the raised arms pose.

- For this, you should stay in a standing position and raise your hands.
- Now, as you do this, bend your torso and your hands backward.
- Take a deep, long breath and chant the Om mantra.
- You can also say Om Khagaya Namaha.

Benefits of Uttanasana

- This pose is known for several health benefits.
- From balancing your body, improving digestion, and also stretching back and leg muscles.

3. **Hasta Padasana**

Plate-III Subject performing Hasta Padasana

Procedure

The Hastpadasana yoga, or hand-foot pose, is the third step of Surya Namasakar yoga.

- For this, you must remain in a standing position.
- Now raise your hands and keep them straight.
- Make sure they are parallel to the ground.
- Now bend forward and touch your knee with your forehead.
- Take a deep breath and continue chanting the Om Mantra.

Benefits of Padasana

- This move will increase your blood circulation, improve your overall health, and stimulate the lymphatic system. This step might not be the easiest to do; therefore, you need the help of an instruction.

4. **Ashwa Sanchalasana**

Plate-IV Subject performing Ashwa Sanchalasana

Procedure

Ashasachalasana (equestrian pose) is the fourth step of Surya Namaskar Yoga.

- To do this sun salutation pose, you have to take one leg at the back and one leg towards the front in a bending position.
- Keep your arms straight and extend them towards the ground.
- Breathe in deeply and look up as if you are looking towards the sun.
- Now chant Om Bhavaya Namaha.

You have to do this pose for two minutes or so before you move on to the next Surya pose.

Benefits of Ashwa Sanchasana

- This pose will help in increasing flexibility, relaxing your senses, toning your digestive tract, and toning your back.

5. Dandasana

Plate-V Subject performing Dandasana

Procedure

The fifth step of Surya Namasakar Yoga is dandasana (stick pose) or push-up poses.

- To do the step push-up pose, you need to bring both your legs towards the back and lift yourself off the floor.
- Make sure your hands are extended downward.
- In fact, it is through the hand that you should be able to support your body.
- Now breathe in and out deeply and chant the Om Mantra.
- You can also say Om Ravi Namaha.

Benefits of Dandanasana

- This pose is best for improving your overall health.
- It will remove body pain and release the tension from it as well.
- Your neck will be relaxed.
- It will give a lot of strength to your

6. Astanag Namskarasan

Plate-VI Subject performing Astanag Namskarasana

Procedure

The astang namaskar (salute with eight parts or points) is the 6th step of Suryanamskara yoga.

1. To do the sun salutation pose, simply bring your body to the ground.
2. Let your elbows face upwards, and your hands can be flat on the ground.
3. Your knees should be bent so they can touch the ground.
4. Now hold your breath there and keep chanting Om pusne namah.
5. Don't forget to take a deep breath.
6. All the effort is wasted when you forget to take deep breaths.

Benefits of Asthanga Namskara

1. These exercises give you a lot of strength in your back muscles, arms, and wrists.

7. Bhujangasana

Plate-VII Subject performing Bhujangasana

Procedure

The 7th step of Suryanamksara is the bhujangasa (cobra pose).

1. To do the looking upward pose, simply rest your body on the ground with your palms facing the ground.
2. Now raise the upper part of your body.
3. Keep your arms straight as long as you can, and breathe very slowly.
4. Chant Om hiranyagharbha Namah.

Benefits of Bhujangasana

1. This pose will help in the stimulation of nerves and the overall improvement of the nervous system.
2. Your body will also feel relaxed after this.

8. Parvatasana

Plate-VIII Subject performing Parvatasana

Procedure

1. The 8th step of Suryanamksara yoga, or sun salutation pose, is parvatasana (mountain pose). To do this mountain pose
2. You have to bring your hips up and let your head be on the floor.
3. Now take a few deep breaths as you continue to chant Om Marichiye Namaha.

Benefits of Pravatasana

1. This one is also beneficial for removing all kinds of stress and tension and strengthening all corners of your heart. You are definitely going to gain a lot in terms of health by doing the inverted pose.
2. After you have done all these eight steps, you have to repeat all the poses. Repeat the fourth step as the 9th and chant Om Adityayanamaha. After you have done that, it is time for you to repeat the third step as the 10th step and chant Savitre Namaha. Soon after that, you can repeat the second step as the 11th step and chant Om Arkaya Namaha. Following this step, you need to do the final and most important step, which is to take the first position with tadasan and then chant Bhaskaraya Namaha.

9.Ashwa Sanchalanasana

Plate-IX Subject performing Ashwa Sanchalanasana

Procedure

The ashwasanchanasana (equestrian pose) in the 9th step of Namaskara Yoga

1. To do this sun salutation pose, you have to take one leg at the back and one at the front in a bending position.
2. Keep your arms straight and extend them towards the ground.
3. Breathe in deeply and look up if you are looking towards the sun.
4. Now chant Om Bhavaya Namaha.
5. You have to do this pose for two minutes or so before you move on to the next Surya pose.

Benefits of Ashwasanchanasana

1. This pose will increase flexibility, relax your senses, and tone your digestive tract as well.

10. Hasta Padasana

Plate-X Subject performing Hasta Padasana

Procedure

It is called the standing forward bend or the hand-to-foot pose.

1. First, stand straight with your feet together and your arms next to your body.
2. Make sure your weight is balanced on both feet.
3. Breathe in and raise your arms above your head.
4. Now breathe out and slowly bend towards your feet.
5. Keep breathing for 20–30 seconds and continue breathing.
6. Slowly stretch your arms and come back to the original position.

Benefits of Hasta Padasana

1. Stretch all the muscles in your back.
2. Stimulates the nervous system and improves blood flow.
3. Tones the abdominal muscles and aids in the reduction of belly fat.

11.Hasta Uttanasana

Plate-XI Subject performing Hasta Uttanasana

Procedure

This is the second pose and the 11th pose in the Surya Namaskara sequence.

1. For this, you should stay in a standing position and raise your hands.
2. Now, as you do this, bend your torso and your hands backward.
3. Take a deep, long breath and keep chanting the Om mantra.
4. You can also say Om Khagaya Namaha.

Benefits of Hasta Uttanasana

1. It improves digestion.
2. Stretch your abdominal muscles.
3. Expands your thoracic area.

12.Tadasana

Plate-XII Subject performing Tadasana

Procedure

1. This is the last step of the 12 steps of Surya Namskara Yoga. It is like the first step of these sun salutations.
2. For this, you have to stand sprightly, bring down the arms, and then relax them.
3. Observe what happens in your body.

Asanas

Vrikshasana

The Sanskrit name Vrikshasana is derived from two words: first ‘vriksha," which means ‘tree," and second ‘asana," which means ‘posture." While practising this pose, plant your leg deep into the earth like tree roots and stretch the body towards the sky like its branches.

Plate-XIII Subject performing Vrikshasana

Procedure

1. Stand absolutely straight and drop your arms to the side of your body.
2. Slightly bend your right knee, and then place the right foot high up on your left thigh. Make sure that the sole is placed forward and flat on the root of the thigh.
3. Your left leg needs to be absolutely erect. Once you have assumed this position, breathe and find your balance.
4. Now, inhale and gently raise your arms over your head and bring them together in a ‘Namaste’ mudra.

5. Look straight at a distant object and hold your gaze. This will help you maintain balance.
6. Keep your spine straight. Note that your body needs to be taut yet elastic. Take in deep breaths, and every time you exhale, relax your body more.
7. Gently bring your hands down from the sides and release the right leg.
8. Come back to the original position of standing tall and straight, as you did not at the beginning of the practice. Repeat this pose with the left leg.

Benefits of Vrikshsana

Vrikshasana has numerous benefits. Take a look at the good it can do for your body.

1. It strengthens the spine while improving both balance and poise.
2. It improves and helps neuromuscular coordination.
3. It tones the leg muscles while making the ligaments and tendons of the feet stronger.
4. The knees become stronger, and the hip joints are loosened.
5. The eyes, inner ears, and shoulders are strengthened in this pose.
6. It relieves those suffering from sciatica and reduces flat feet.
7. It makes you stable, flexible, and patient. It enhances concentration and activates all the mental faculties.
8. This pose helps deepen the thorax.

Ardha Kati Chakrasana

Ardha means half. Kati means waists. Charka means wheel. In posture, we form a half wheel with our waist, hence this name.

Plate-XIV Subject performing Ardha Kati Chakrasana

Procedure

1. Stand in tad asana.
2. Slowly raise your right hand vertically above our heads while breathing in. Stretch the hand further with an inhalation.
3. Now slowly bend your body towards the left side while exhaling.
4. Maintain normal breathing in the posture. Maintain the posture for about 30 seconds.
5. While inhaling, come up, and with exhalation, slowly bring down the right hand.

Benefits of Ardha Kati Chakrasana

- Elasticity of sideways area growths
- Lateral thoracic muscles are stretched, and the blood source to them upturns.
- Hip joints become flexible, and further fat around the waist reduces.
- Relieves back agony, constipation, and a decent foot.

Vajrasana

Vajrasana is a form of kneeling pose that contains the principles of Vajrasana Yoga. The period ‘Vajra’ denotes "torch of diamond, indicating the countryside of the pose itself. The pose is also referred to as the adamantine pose. Living exercises like kapalbhati Pranayama and anulom vilom can be performed while kneeling in the crushed, which in turn can make the body as strong as a diamond.

Plate-XV Subject performing Vajrasana

Procedure

1. Kneel down on the ground and stretch the lower legs back while you keep them composed. Make sure that your big toes are flawlessly irritated each time.
2. Minor your body lightly in such a way that your buttocks relax on the repairs with your thighs placed on the calf muscles.
3. Now place both hands on the knees and focus your expression forward while keeping your head dreamily straight.
4. Direct your kindness towards the rhythm of your breathing. Improving the consciousness of your head faultlessly straight
5. Near your eyes, rest your mind, and absorb your breathing method.
6. Stay in this ending position for at least 5–10 minutes.

Benefits of Vajrasana

1. Vajrasana can greatly improve the functioning of the digestive tract. When done skillfully, it can also eliminate the problem of constipation.
2. It also safeguards enhanced blood circulation throughout the body.
3. The asana can modify the movement of blood by sinking blood flow in the inferior portions of the body, e.g., in the legs. On the other hand, it increases blood flow to the gastric system of the body, which boosts its competence. With better digestion, it becomes more likely to prevent stomach complaints such as acidity and ulcers.
4. It can strengthen the back effectively and eliminate patients who are suffering from backaches and lower back glitches.
5. The asana is also ideal for educating the competence of the pelvic muscles.

Simhasana

This name Simhasana is coming from the Sanskrit words "Simha," which means "lion" and is the king of the jungle, and Asana," which means "posture" or "seal."

Plate-XVI Subject performing Simhasana

Procedure

- Sit in Vajrasana and spread your knees.
- Your spine should be straight, but as relaxed as possible.
- The fingers of our hands should face backward and be kept straight among your legs.
- Now inhale and take your tongue. Try to look between the eyebrows and breathe.
- During exhaling, roar like a lion. (Roaring sound, "Haa")
- After Busy, hold the pose for 20 to 30 seconds.
- Repeat this process about four to six times.
- After doing Simhasana, though taking the saliva intimately from the mouth, reflexology the throat frivolously.
- Don’t inhale rapidly afterward in this posture; try to inhale after 20 to 30 seconds.

Benefits of Simhasana

- The finest workout for the face and eyes Tongue and throat
- Clears the spoken strings.
- Simhasana correctly unlocks the respiratory tract.
- Strengthens the limbs and needles.
- Prevents soreness of the throat.
- Beneficial for tonsils, thyroid, and additional difficulties related to the throat.
- Give relief from back pain.

Pavana muktahasana

The Pavanamuktahasana is also known as the breeze reliving posture," "wind removing position," or "airstream redemptive pose. The name of this asana is derived from the Sanskrit words ‘pavan," meaning "connotation," "mukta," meaning "dismiss," andasana," meaning posture or seat.

Plate-XVII Subject performing Pavana muktahasana

Procedure

- Start this pose by lying depressed on the ground with the face upward. Then bend both knees and shawl the hands around the legs.
- Now lock your hands with the sustenance of your digits.
- Now exhale leisurely and formerly increase the head onward till the forehead is in between the knees. While responsible, the belongings should be pushed beside the stomach.
- Now over gasp, gradually lower the head, and then reduce.
- In the last place, the clothes must be busy against the stomach, and the wrists and elbows must be clasped. The neck should be bent near the knees, and likely the forehead or chin should touch the knees. The breath ought to be relaxed.
- The same pose can be done on all sides, where each thigh presses the digestive.

Benefits Pavanmuktasana

1. It is worthy of those who are suffering from gastric worry as healthy piles.
2. It helps to recover the efficiency of the interior organs by rousing the nerves and upsurge the flow of blood to the internal structures of the figure, which in turn increases their efficiency.
3. This asana also helps to get rid of many airs that are stuck in the big concentrated.
4. It benefits the spinal vertebrae and supports the strength of the inferior back.
5. It is an outstanding stomach workout that helps tone and support the core muscles.

Naukasana

Naukasana is the Sanskrit terminology separated into two forms. Nauka, which means boat, and asana are the postures.

Plate-XVIII Subject performing Naukasana

Method

- Falsehood on your rear by your foot calm and arms next to your stiff
- Take an unlimited inhalation, adding to it as you breathe. Far above the ground, lift your chest and foot off the ground, and stretch your arms close to your feet.
- Your eye, finger, and toes have to be in line.
- Sense the tightness in your umbilicus as the abdominal muscles distinction.
- Keeps livelihood powerfully and justly through preservation of the stance.
- As you breathe out, slowly approach reverse to the earth and calm down.
- Repeat this pose 3–4 times.

Benefits of Naukasana

- Helps to strengthen back and abdominal muscles; tones legs and arm muscles.
- One of the finest yoga poses to reduce belly fat and recover core strength
- It rouses the stomach structures, foods, and intestines and thus recovers ingestion.
- This pose stimulates the thyroid and prostate glands, serving to maintain metabolism and relieve pressure.

Dhanurasana

The Sanskrit name Dhanurasana is derived from two words. The first ‘Dhanu’ means "bow," and the second ‘Asana’ means "posture.

Plate-XIX Subject performing Dhanurasana

Procedure

- Lie on the ground (on your stomach) facing downwards.
- Relax completely with 2–3 breaths.
- Huff gradually and twitch, winding your legs retrograde, and catch the ankles with the hands as shown in the above twin.
- You will see that your body is now in the shape of a bow.
- In this place, your whole heaviness will come from your stomach. Your abdominal and pelvic parts will touch the crushed
- Hold this position for a few to 15 seconds and come back to the starting position.
- Now, after 15-20 seconds, exhale slowly and come back to the starting position.
- Repeat this cycle 4-5 times daily.

Benefits of Dhanurasana

- Real in heaviness loss.
- Recovers from ingestion and hunger.
- Assistance to cure obesity, rheumatism, and stomach glitches
- Cures constipation.
- Increases blood movement.
- Stretches suppleness to the back.
- Reinforces back muscles.
- Progresses the purpose of the liver, pancreas, minor intestine, and large intestine.

Bhujangasana

Bhajangasana, widely known as cobra pose," is a backward-bending pose. The Sanskrit name Bhujangasana is derived from two words: ‘Bhujanga," which stands for serpent, and ‘asana," which means posture.

Plate-XX Subject performing Bhujangasana

Procedure

- Lie level on your stomach and hold your legs conventionally. Feet composed, repairs somewhat moving each other, and toes pointing.
- Break the palms of your hands by the lateral of your torso; your arms must be close to your body with prods pointing external.
- Rest your brow on the ground and reduce your body.
- Gasp and raise your brow, neck, and then shoulders. Using your back muscles, raise your chest. Now use the strength of your arms to raise your trunk. Look upward, breathing normally. This is the final location.
- In the final position, your navel should not raise more than 3cm, with your public brows touching the floor. Hold this position for 20–25 seconds.
- To originate vertebral to conventional situations, first exhale and then slowly lower your navel. Chest, shoulders, neck, and forehead. Relax and take deep breaths.

Benefits of Bhujangasana

- Being the 7th position of Suryanamskar, it has several benefits, such as:
- Strengthening the spine keeps it strong, healthy, and flexible.
- Give a good stretch to your neck, shoulder, chest, lungs, and abdomen.
- Enhances the functioning of abdominal organs such as the kidney and liver.
- Beneficial in menstrual disorders and disorders of the female reproductive system.
- Useful for people suffering from back pain, slipped discs, sciatica, and cervical spondylitis.

Motor Variables

Speed

50-yard dash test for speed

Determination

To the amount of speed of the focuses

Equipment

Minimum 60-yard open space, stop timepiece, clapper, or signal, design powder measuring tape

Plate-XXI Subject performing Speed

Procedure

The focuses (four at a time) were erected at the starting line. On getting the starting signal (whistle), the subjects ran as fast as possible across the finish line, which was at a distance of 50 yards.

Scoring

The passing time after the starting sign till the sprinter's torso traversed the surface line was noted to the adjacent one hundredth of a second as the last score.

Agility

Shuttle Run

Equipment

Two chunks of lumber, a stopwatch, and precipitate They must wear points or run barefoot.

Plate-XXII Subject performing Agility

Procedure

Two equivalent outlines are marked on the 10 yards separately, or the extensiveness of the even volleyball court may be second-hand for the test. The two ligneous blocks are hired overdue for the extra line. Is the signal ready? Go! The timer starts the watch, and the topic runs to the blocks, picks up blocks, runs back to the preliminary line, places the block behind the opening line, runs back, and picks up the second chunk to be carried back across the starting line. As the second block is placed on the ground, the regulator stops the timepiece and records the times.

Scoring

Two tracks are permissible to all subjects with certain resting among them. The time of the better of the two hearings is logged to the adjacent 10^{th} of a second as the notch of the test article.

Flexibility

(Sit and Reach)

Plate-XXIII Subject performing Flexibility

Purpose

To measure the flexibility level of the subjects.

Equipment required

Calculating tape, measuring scale, and flexibility bench.

Procedure and scoring

The topic sits on the floor, legs long and bases flat, in the illogicality of a flexibility seat (a box with a ruler attached). The trunk is then bent, and the limbs are lengthened along the scale, where they are held for a period of three seconds. The limbs must remain extended at the knees during the test. The notch is logged in centimeters as either a plus if the distance is beyond the feet recorded or an action if the subject cannot reach his feet. Three hearings are given afterward, after the themes have been methodically warmed up (Singh, 1991).

Co- ordination

Hand Wall-Toss Test

Plate-XXIV Subject performing Co- ordination

Purpose

To measure hand-eye coordination

Equipment required

Tennis ball or baseball, smooth and solid wall. Marking tape, stopwatch (optional)

Procedure

A spot is located a certain distance after the partition (e.g., 2 metres, 3 feet). The individual attitudes lie along the line and opposite the partition. The unnerved pointer made an underarm action against the wall and tried to be wedged with the conflicting hand. The ball is then unnerved back against the wall and caught with the initial hand. The test can continue for a nominated number of efforts or a set time period (e.g., 30 seconds).

Scoring

Based on the score of the number of successful catches in a 30-second period

Football Skills

Dribbling

(Warner test for soccer skills)

Plate-XXV Subject performing Dribbling

Purpose

To measure soccer, the dribbling ability of the subjects

Equipment and Field Marking

A football, five pinecones, a stopover watch, calculating tape, and a slash sheet five fir cones are placed in a conventional line so that the first one is 5 yards apart. Process. The focus places the ball on the initial line and then stands back of it. On signal, the player dribbles in a zig-zag manner up and down. Timing is taken from the signal until the subject returns to the starting line.

Scoring

The greatest period out of three tracks stood out as the person's score. All the copies remained in seconds (sec).

Passing

(Mor-Christian Soccer Test)

Plate-XXV Subject performing Passing

Purpose

To measure the soccer passing ability of the subject.

Equipment and Field Marking

A football assessing tape, cones, rigging, and score sheet an area of 1 yard wide and 18 inches tall was organized by placing two cones. One yard apart, with a 4-foot rope used as a crossbar, two cones were placed at a 45-degree angle from the goal line, and one cone was placed at a 90-degree angle from the goal line. All three cones were located 15 yards away from the goal.

Procedure

After both of the three pinecone subjects perform four passes into the goals (12 passes total),

Subjects were allowed to use their chosen foot once passing. Two repetitions remained allowable after the all-spot.

Scoring

One opinion was provided for each fruitful pass. The ball that hit the goalmouth fir cone stood carefully positive. The last mark stayed for the entire 12 effective passes.

Shooting (Points)

Plate-XXVI Subject Performing Shooting (Points)

Purpose

To ration the shooting skills in soccer.

Field Markings

The soccer goal was separated into two scoring areas by two ropes postponed from the crossbar, 4 feet from each goal post. In addition, each scoring area was divided into circular goals by two circular hoops 4 feet in diameter. A line was drawn 16 yards from the chosen marking area and parallel to it.

Directions

The performers stayed taught to throw a motionless ball with the chosen foot from the 16-yard line. The players were allowed to place the ball at any point along the line. Four practice trials were given, and then four consecutive balls were attempted at each of the four target areas, for a total of 16 trails.

Scoring

When aiming at the upper target, the subject received a score of 10 points each time the ball was shot through the upper target; a score of 4 points was scored if the ball was shot through the lower right when aiming at the upper right target. The scoring procedure was identical when the player was aiming at the lower target. 10 points for the lower target and 4 for the upper target the targets on the left side were measured in the same way. Balls that rebounded from the circular target were considered successful. No points were given for balls that roll or bounce into the target area (Stalin Jeyakumar and Sundarmirhty, 2008).

Kicking

(Warner test for soccer skills)

Purpose

To measure soccer, the kicking ability of the subjects

Plate-XXVII Subject Performing Kicking

Equipment and Field Marking

A football assessing tape and score sheet. A rectangle is marked with 25 yards of width and 40 yards of length. 25 yards wide is called the "kicking line. The center spot of the kicking line is marked at 9 inches in diameter, and it is named kick spot from the kicking line. A five-yard parallel line was drawn, the other five yards apart.

Procedure

A subject is allowed to take three kicks with their power foot with maximum effort from the center spot.

Scoring

Coldness was stately from the kicking line to the mooring spot of the ball on all three kicks, and the best reserve is recorded. The best aloofness out of three trails remained noted as the being's score. All the copies were in yards.

Statistical techniques

The data were collected from two sets of motor fitness and football skill variables to find out the progress in the motor fitness and football skill variables by kind twelve weeks of yoga training. The statistical procedures were used to find out the important development of motor fitness and football skill variables performance between the two groups. By using the mean, SD,'t'-value, and analysis of covariance (ANCOVA) procedures. The statistical procedure was carried out using SPSS 15.0.

CHAPTER- IV

ANALYSIS AND INTERPRETATION OF DATA

The together data relating to the training has been analyzed and obtainable in this chapter. The determination of this study was to bargain out the "Effect of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years". To achieve these purpose hundred (N=100) Boys studying in various secondary Schools of Vijayapura District of Karnataka state, India, were randomly selected as subjects and divided into two equal groups of fifty (N=50) each. This study consisted of yoga training group I and group II played as manage to do not suffer any particular training.

All the subjects of two groups were tested on selected Motor Fitness such as Speed, Agility, Flexibility and Co-ordination, Football Skills such as Dribbling, Passing, Shooting and Kicking at prior to and before and after 12 weeks of training as pre and post-test data respectively. Mean, SD, 't'- value and Analysis of covariance (ANCOVA) was used to determine the significant difference any among the adjusted post- test means on selected criterion variables separately. Whenever they obtained 'F' ratio for adjusted post-test was to be significant. The height of implication was permanent at 0.05 levels to test the 'F' ratio obtained by analysis of covariance.

The Mean, SD, 't'- value analysis of covariance for pre-test and post-test data on Speed of yoga training and control groups were analyzed and presented in table 4.1(a)

TABLE – 4.1

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON SPEED OF YOGA TRAINING GROUP AND CONTROL GROUP

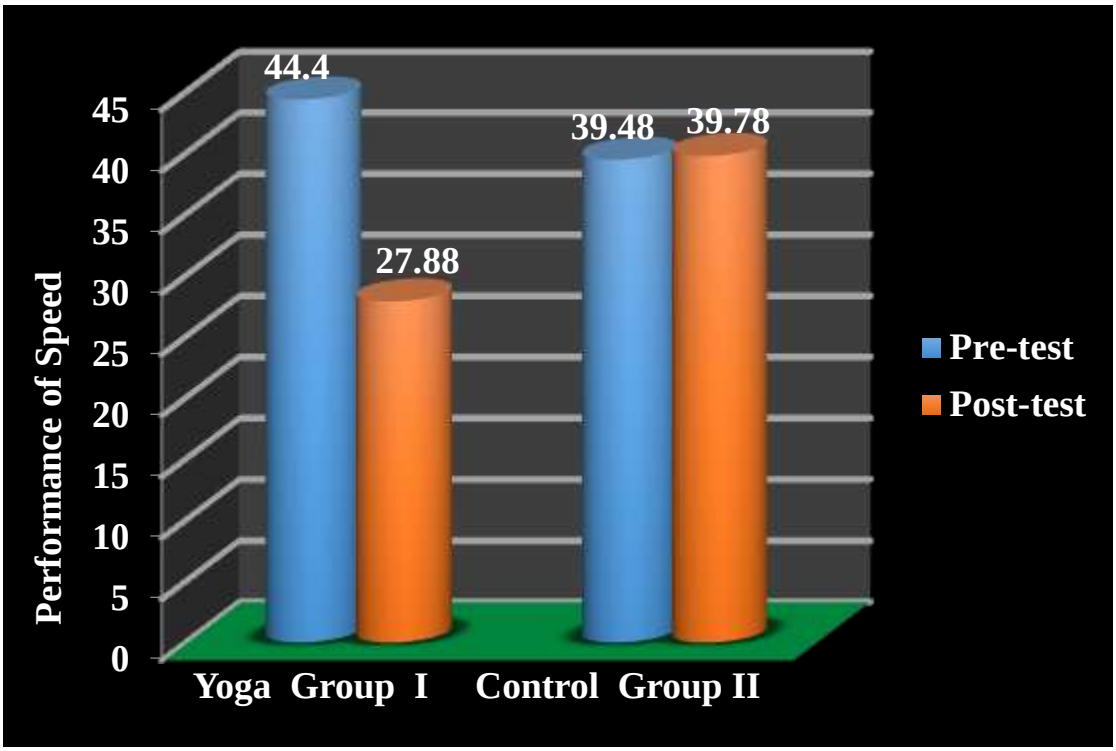
Speed	Yoga Training Group-I	Control group-II
Pre- test Mean	44.4000	39.4800
Post- test Mean	27.8800	39.7800
t-test	10.088*	1.000

* Significant at .05 level.

(Table value required for significance at .05 level for 't'-test with df 49 is 2.009)

From Table 4.1 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 10.088 and 1.000 respectively. Since the obtained'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Speed. The speed Performance has been displayed in figure 4.1 (a).

FIGURE NO 4.1 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON SPEED.



The above figure 4.1 (a) indicates to the after test values of Experimental group appreciably enhanced the presentation of Speed and as well the afterword test standards of Speed be fewer than the pre-test value owing to twelve weeks of Yoga training. The Control group before - test and after - test routine of Speed shows no enhancement.

TABLE – 4.1(a)

ANALYSIS OF COVARIANCE ON SPEED OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	Df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
27.8273	39.7838	B.G	561.149	1	561.149	11.643*
		W.G	2313.351	48	48.1948125	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.1(a) shows that the adjusted post-test mean values of Speed for Yoga Training Group and Control Group are 27.8273 and 39.7838 respectively. The obtained F-ratio of 11.643 for adjusted post-test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Speed. To determine which of the paired means had a significant difference.

FIGURE NO 4.1 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON SPEED.

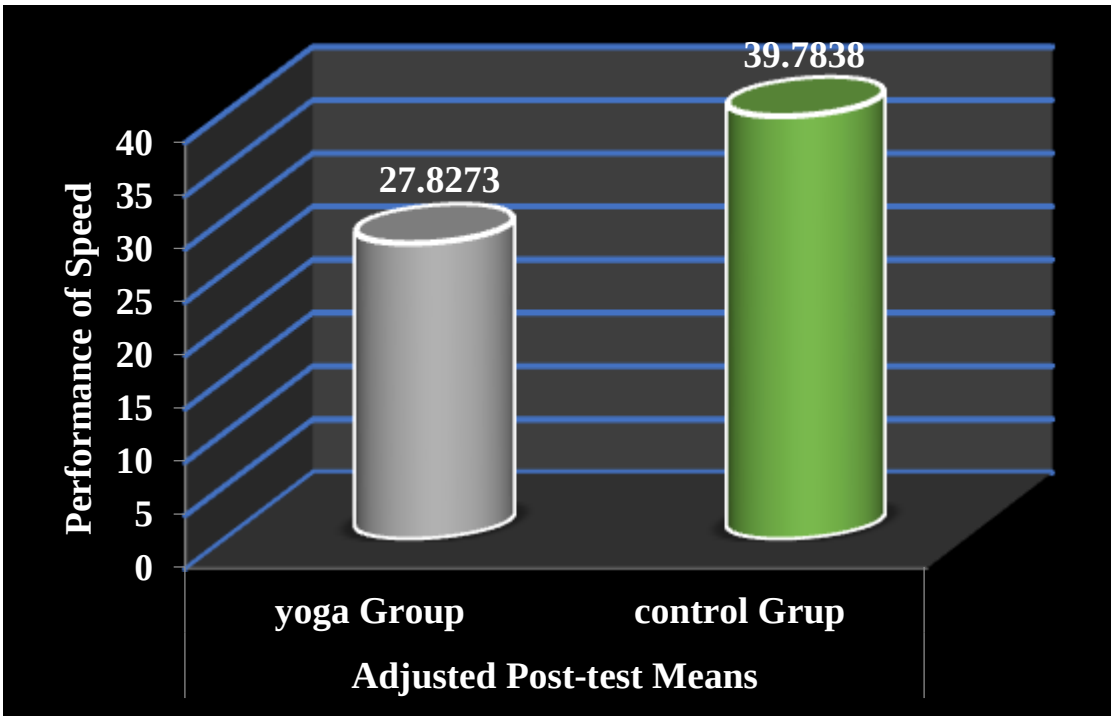


Figure 4.1 (b) Bar figure screening the attuned afterword test Mean principles of yoga Group and control Group significantly better the presentation of Speed.

TABLE – 4.2

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON AGILITY OF YOGA TRAINING GROUP AND CONTROL GROUP

Agility	**Yoga Training Group-I**	**Control group-II**
Pre- test Mean	34.3000	18.6600
Post- test Mean	21.0400	19.1400
t-test	10.707*	1.472

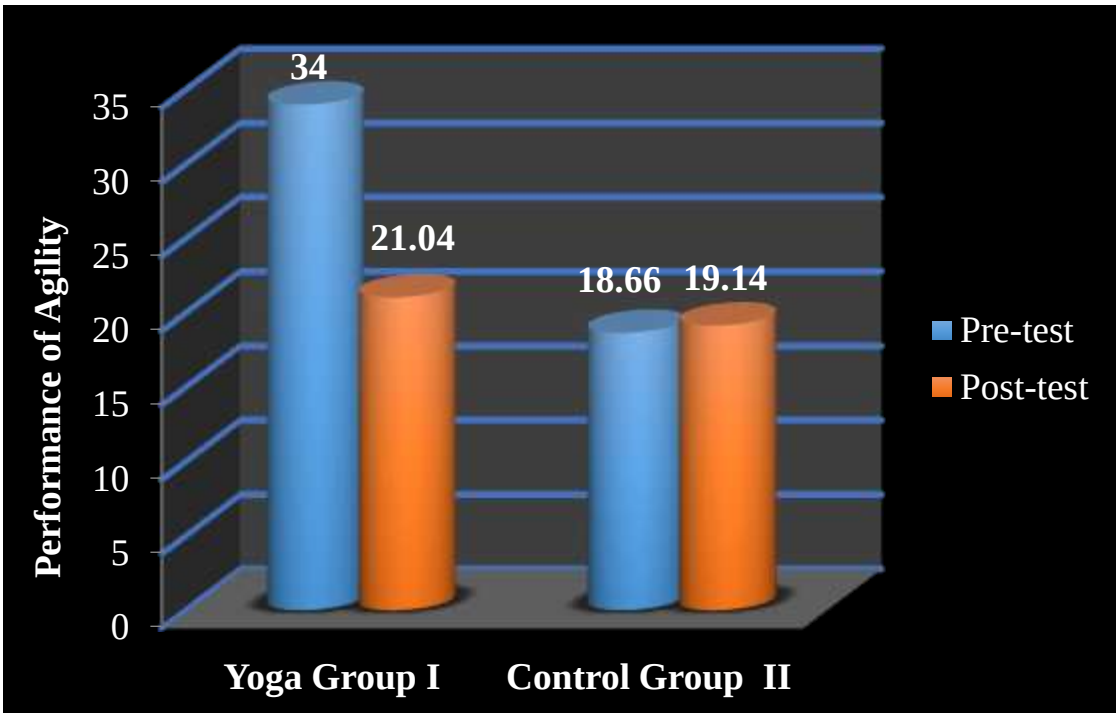
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.2 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 10.707 and 1.472 respectively. Since the obtained't'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Agility.

The Agility Performance has been displayed in figure 4.2 (a).

FIGURE NO 4.2 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON AGILITY.



The above figure 4.2 (a) indicates that the after test morals of investigational group considerably enhanced the recital of Agility and also the post test values of Agility be not as much of as the before test ethics due to twelve weeks of Yoga training. The Control group pre- test and post- test routine of Agility show no progress.

TABLE – 4.2(a)

ANALYSIS OF COVARIANCE ON AGILITY OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
34.3471	18.6478.	B.G	657.294	1	657.294	12.537*
		W.G	2516.448	48	52.426	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.2 (a) shows that the adjusted post-test mean values of Agility for Yoga Training Group and Control Group are 34.3471 and 18.6478 respectively. The obtained F-ratio of 12.537 for adjusted post test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Agility. To determine which of the paired means had a significant difference.

FIGURE NO 4.2 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON AGILITY.

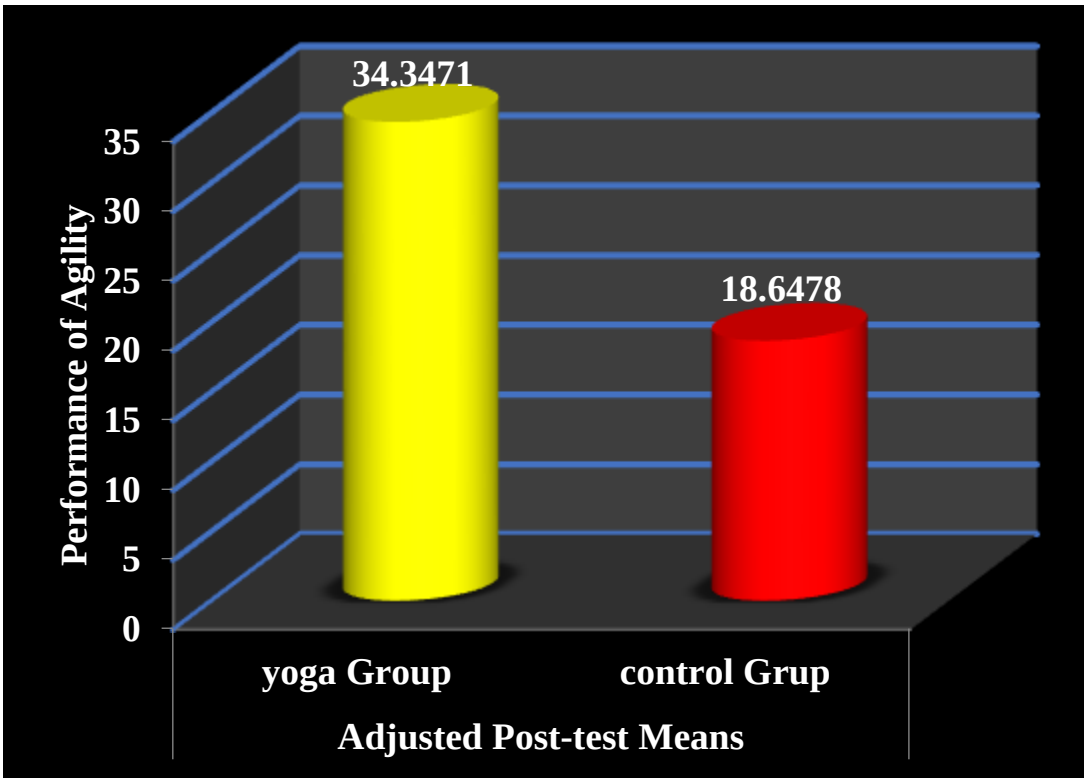


Figure 4.2 (b) Bar Diagram Showing the Mean values of yoga Group and control Group on Agility

TABLE – 4.3

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON FLEXIBILITY OF YOGA TRAINING GROUP AND CONTROL GROUP

Flexibility	**Yoga Training Group-I**	**Control group-II**
Pre- test Mean	27.4200	28.5200
Post- test Mean	39.9400	28.3800
t-test	6.292*	0.161

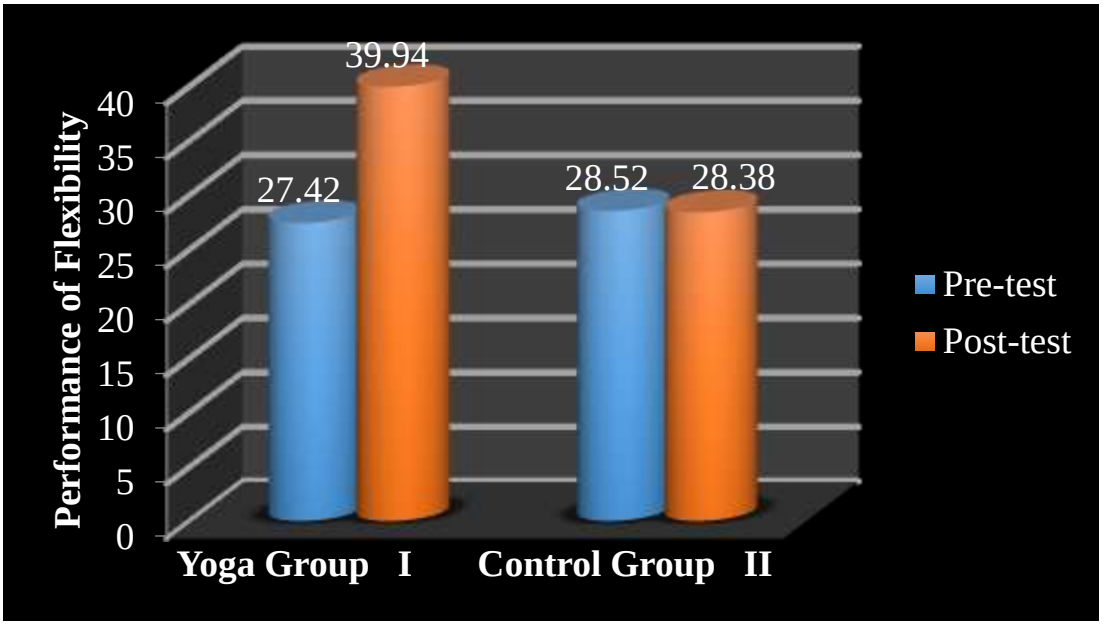
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.3 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 6.292 and 0.161 respectively. Since the obtained'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Flexibility.

The Flexibility Performance has been displayed in figure 4.3(a).

FIGURE NO 4.3 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON FLEXIBILITY.



The above figure 4.3 (a) indicates so as to the declare test values of investigational group appreciably better the routine of Flexibility and also the after test ideals of Flexibility be extra than the pre -test values due to 12 weeks of Yoga training. The Control group pre- test and post- test performance of Flexibility show no progress.

TABLE – 4.3(a)

ANALYSIS OF COVARIANCE ON FLEXIBILITY OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
39.9146	28.4226	B.G	4063.597	1	4063.597	114.054*
		W.G	1710.183	48	35.629	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.3(a) shows that the adjusted post-test mean values of Flexibility for Yoga Training Group and Control Group are 39.9146 and 28.4226 respectively. The obtained F-ratio of 114.054 for adjusted post-test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Flexibility. To determine which of the paired means had a significant difference.

FIGURE NO 4.3 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON FLEXIBILITY.

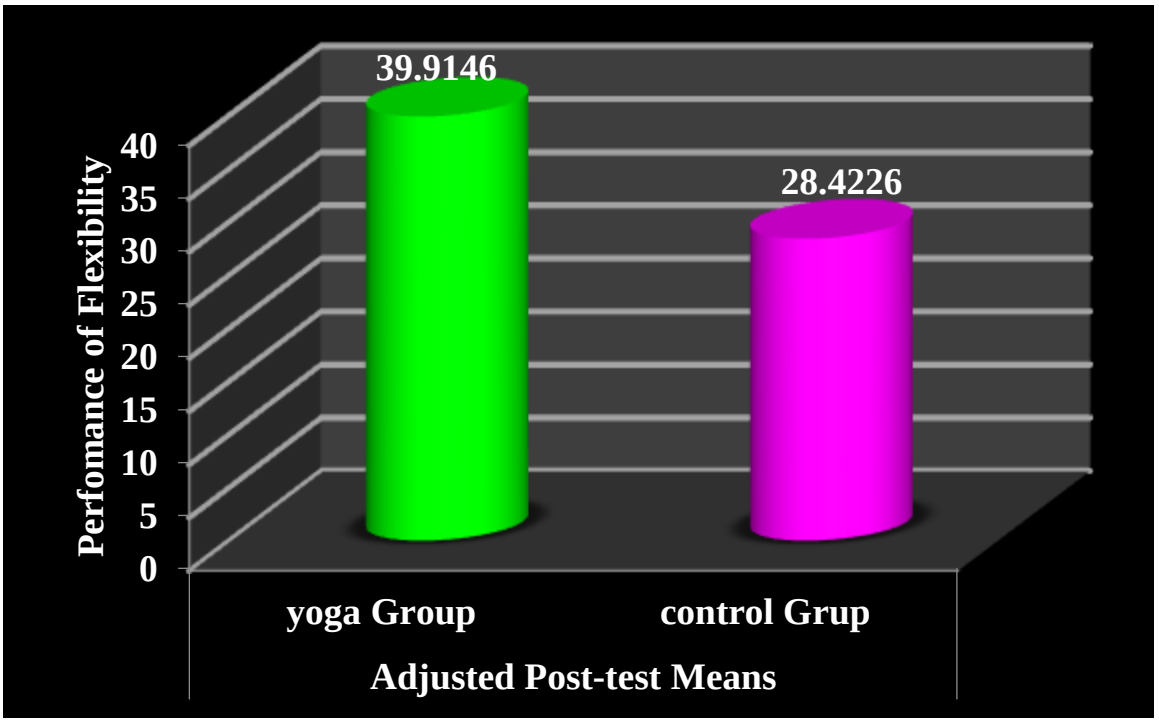


Figure 4.3 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Flexibility.

TABLE – 4.4

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON COORDINATION OF YOGA TRAINING GROUP AND CONTROL GROUP

Coordination	**Yoga Training Group-I**	**Control group-II**
Pre- test Mean	19.6000	14.8400
Post- test Mean	33.4000	14.7600
t-test	19.198*	0.198

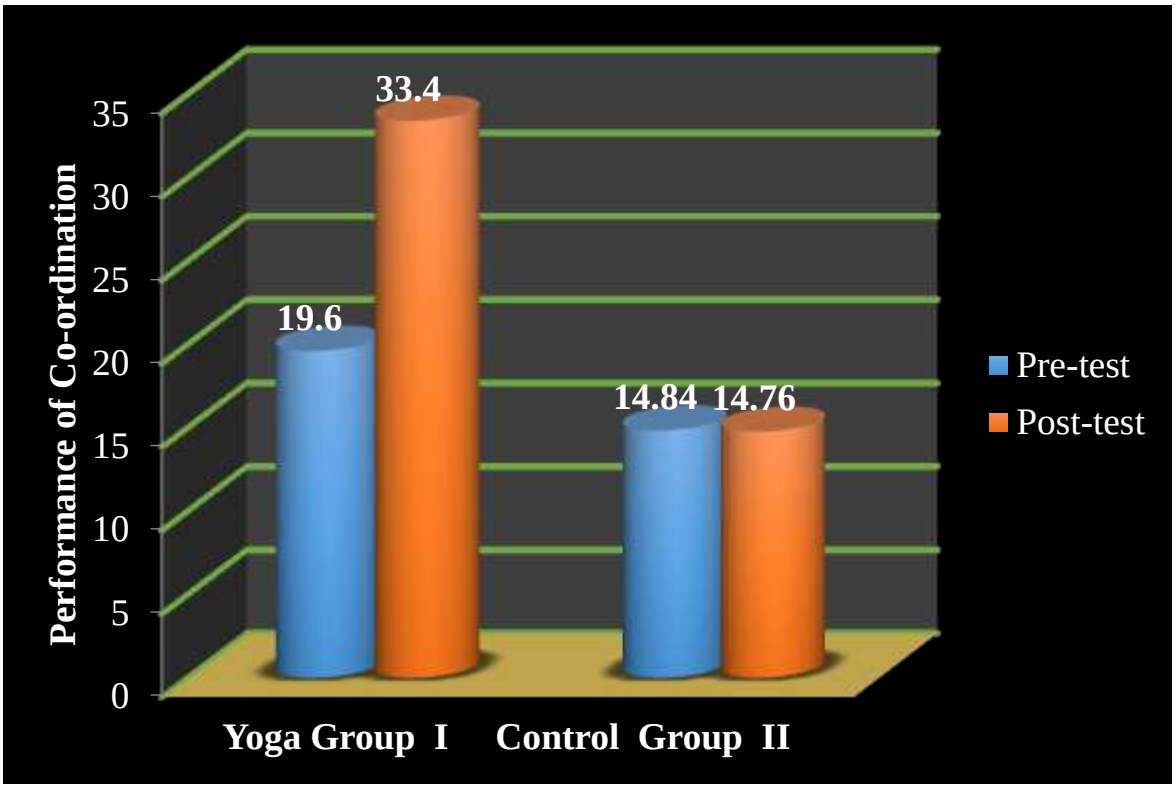
* Significant at .05 level.

(Table value required for significance at .05 level for 't'-test with df 49 is 2.009)

From Table 4.4 the dependent' t' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 19.198 and 0.198 respectively. Since the obtained'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Coordination.

The Co-ordination Performance has been displayed in figure 4.4 (A).

FIGURE NO 4.4 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON CO-ORDINATION



The above figure 4.4 (A) indicates with the intention of the after test standards of tentative group considerably enhanced the performance of Co-ordination and also the afterword test principles of Co-ordination were additional than the before test morals owing to twelve weeks of Yoga training. The Control group pre- test and post-test act of Co-ordination shows no upgrading.

TABLE – 4.4(a)

ANALYSIS OF COVARIANCE ON COORDINATION OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
33.3911	14.7578	B.G	152.947	1	152.947	18.816*
		W.G	390.173	48	8.129	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.4(a) shows that the adjusted post-test mean values of Coordination for Yoga Training Group and Control Group are 33.3911 and 14.7578 respectively. The obtained F-ratio of 18.816 for adjusted post-test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Coordination. To determine which of the paired means had a significant difference

FIGURE NO 4.4 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON CO-ORDINATION.

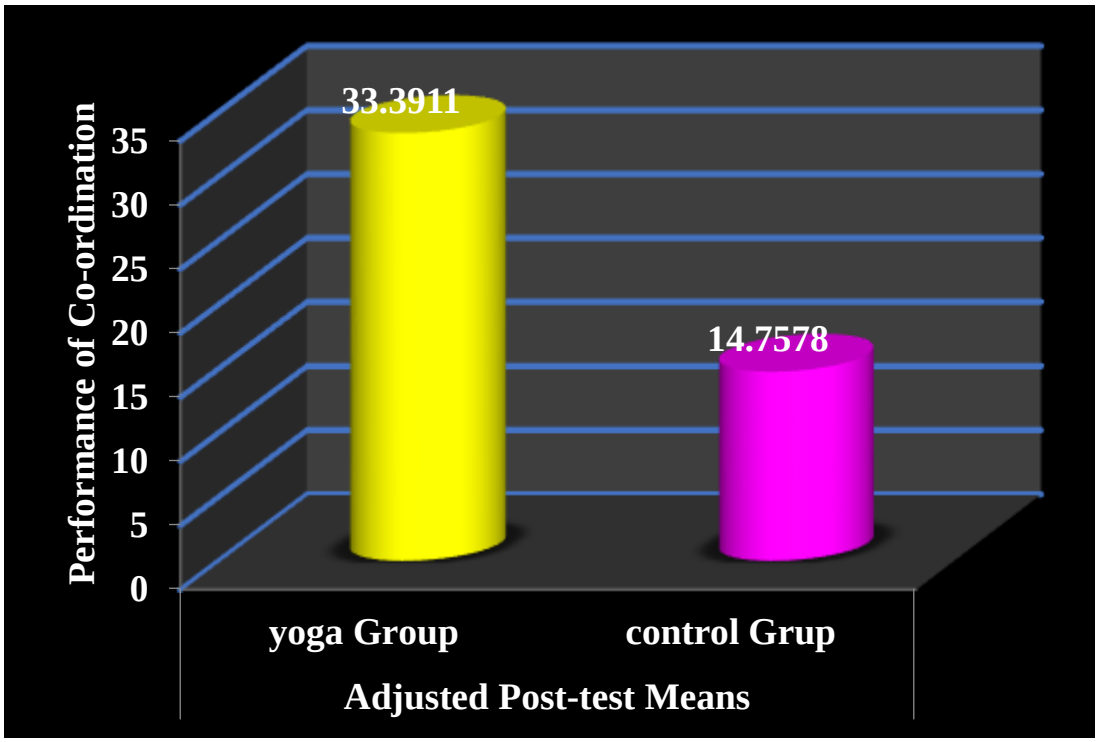


Figure 4.4 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Co-ordination.

TABLE – 4.5

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON DRIBBLING OF YOGA TRAINING GROUP AND CONTROL GROUP

Dribbling	**Yoga Training Group-I**	**Control group-II**
Pre- test Mean	12.6000	14.1000
Post- test Mean	21.0000	13.8800
t-test	11.026*	1.423

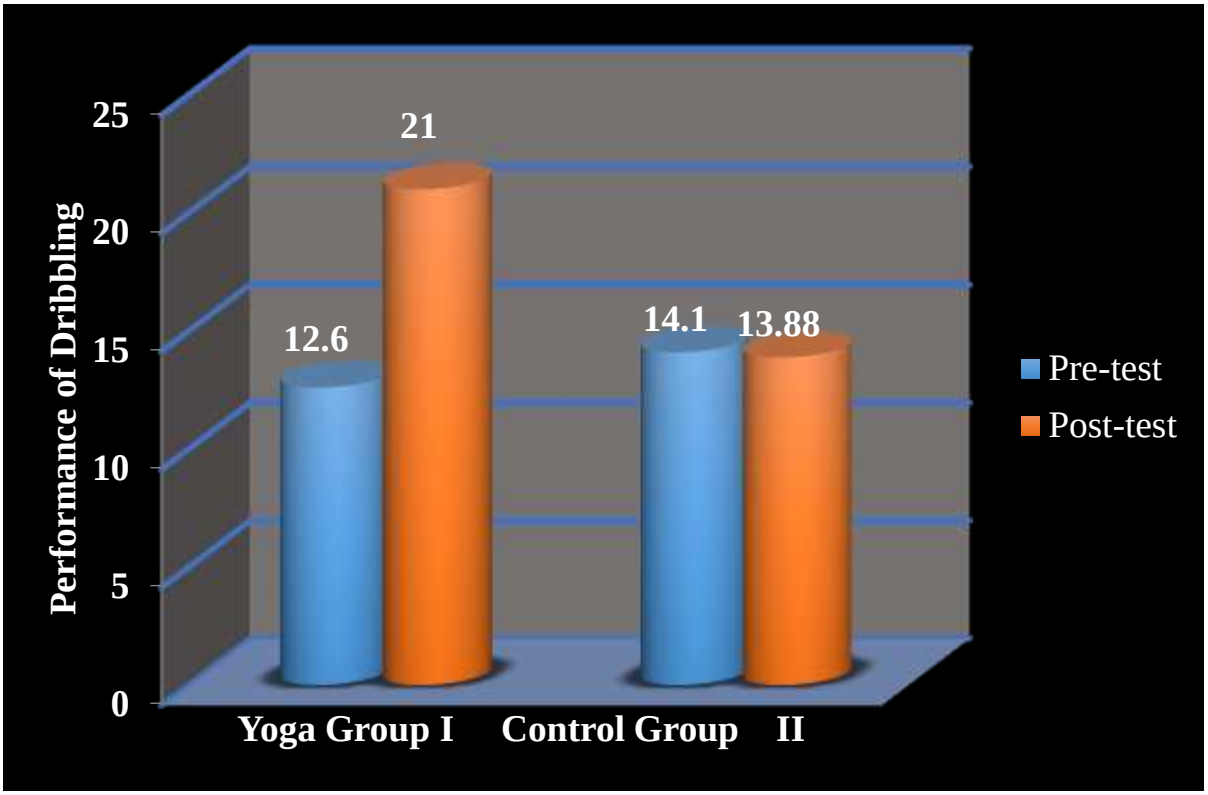
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.5 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 11.026 and 1.423 respectively. Since the obtained't'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Dribbling.

The Dribbling Performance has been displayed in figure 4.5 (a).

FIGURE NO 4.5 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON DRIBBLING.



The above figure 4.5 (a) indicates that the after test standards of Experimental group considerably better the presentation of Dribbling and as healthy the afterword test values of Dribbling were more than the pre-test values due to 12 weeks of Yoga training. The Control group pre- test and post- test act of Dribbling shows no perfection.

TABLE – 4.5(A)

ANALYSIS OF COVARIANCE ON DRIBBLING OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
20.9987	13.8808	B.G	1457.358	1	1457.358	1250.912*
		W.G	55.922	48	1.165	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.5(a) shows that the adjusted post-test mean values of Dribbling for Yoga Training Group and Control Group are 20.9987 and 13.8808 respectively. The obtained F-ratio of 1250.912 for adjusted post-test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Dribbling. To determine which of the paired means had a significant difference

FIGURE NO 4.5 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON DRIBBLING.

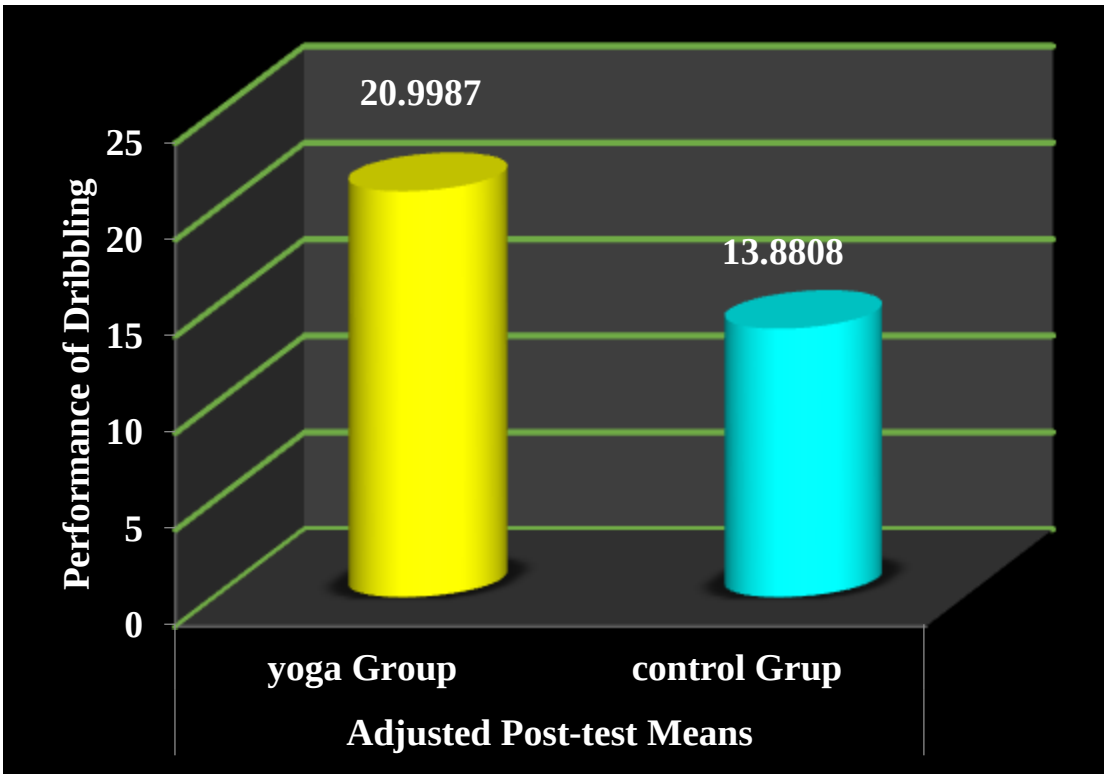


Figure 4.5 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Dribbling.

TABLE – 4.6

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON PASSING OF YOGA TRAINING GROUP AND CONTROL GROUP

Passing	Yoga Training Group-I	Control group-II
Pre- test Mean	13.0000	12.0000
Post- test Mean	29.2000	11.8000
t-test	13.405*	1.000

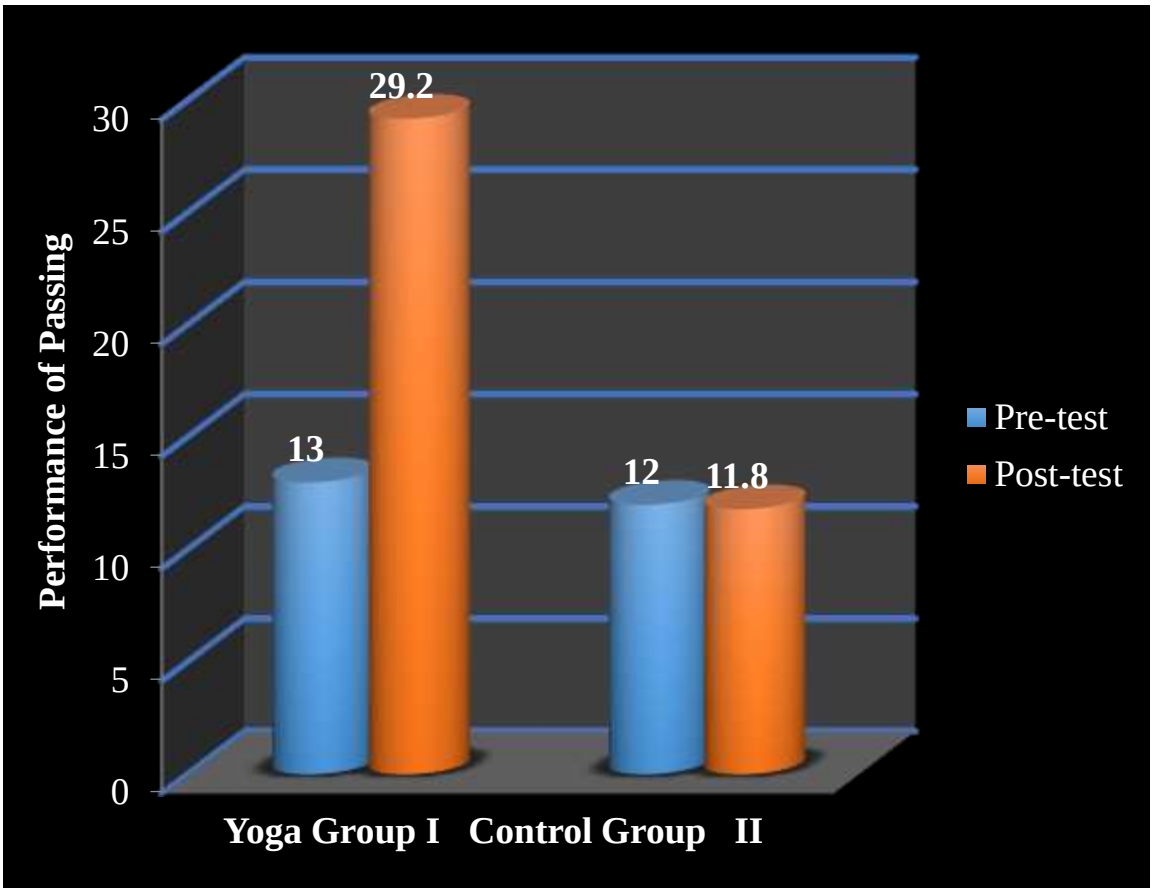
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.6 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 13.405 and 1.000 respectively. Since the obtained't'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Passing.

The Passing Performance has been displayed in figure 4.6 (a).

FIGURE NO 4.6 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON PASSING.



The above figure 4.6 (a) indicates with the intention of the after test values of Experimental group considerably enhanced the routine of Passing and also the post test values of Passing be further than the before test values due to twelve weeks of Yoga training. The Control group pre- test and post- test presentation of Passing shows negative response improvement.

TABLE – 4.6(a)

ANALYSIS OF COVARIANCE ON PASSING OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
29.1111	19.0000	B.G	648.000	1	648.000	345.600*
		W.G	90.000	48	1.875	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.6 (a) shows that the adjusted post-test mean values of Passing for Yoga Training Group and Control Group are 29.1111 and 19.0000 respectively. The obtained F-ratio of 345.600 for adjusted post-test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Passing. To determine which of the paired means had a significant difference.

FIGURE NO 4.6 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON PASSING.

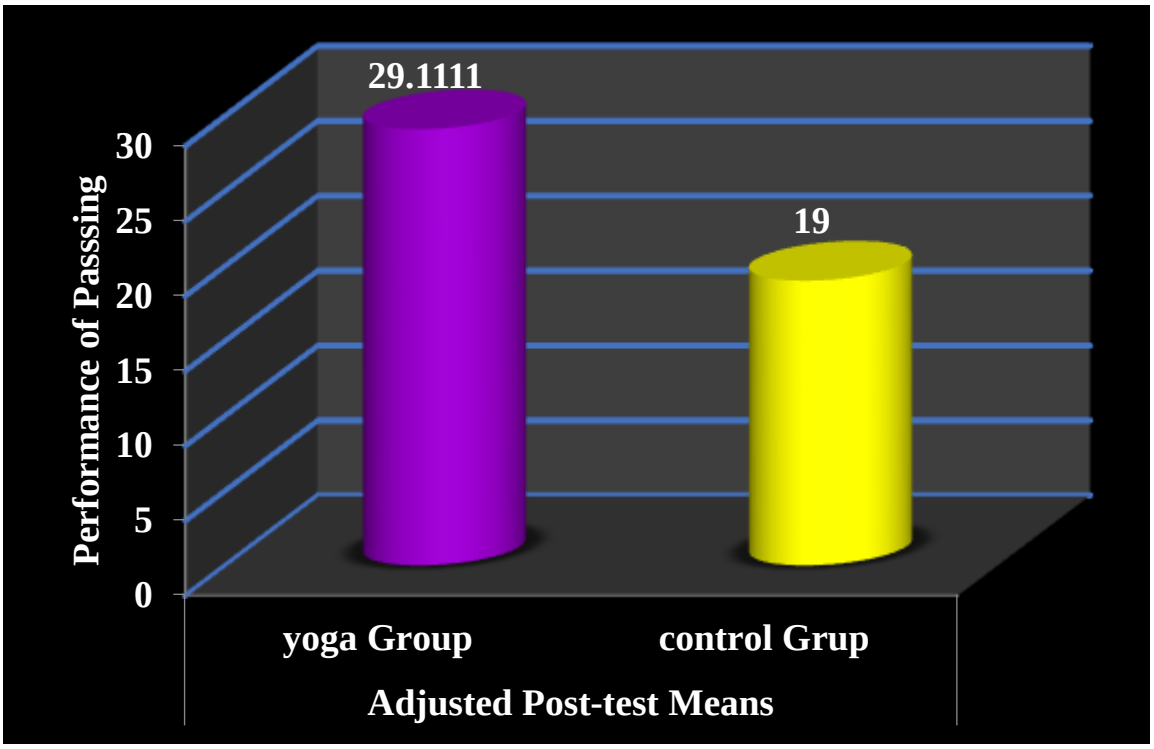


Figure 4.6 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Passing.

TABLE – 4.7

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON SHOOTING OF YOGA TRAINING GROUP AND CONTROL GROUP

Shooting	**Yoga Training Group-I**	**Control group-II**
Pre- test Mean	1.2200	1.7400
Post- test Mean	4.6400	1.6400
t-test	33.084*	1.000

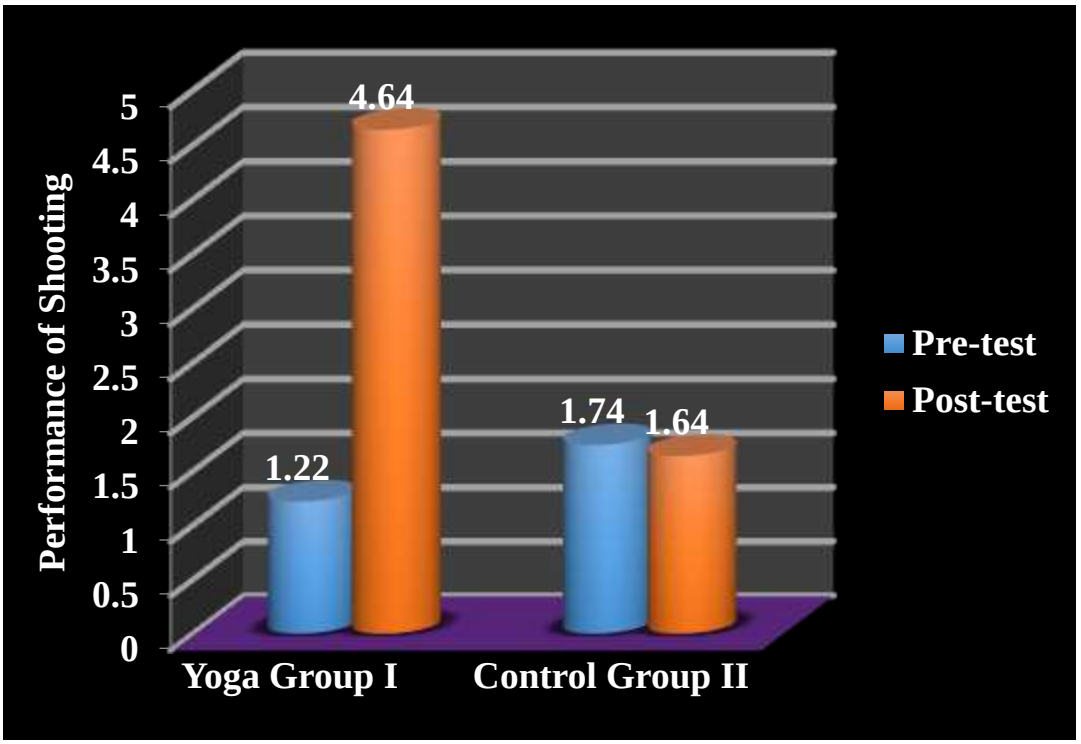
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.7 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 33.084 and 1.000 respectively. Since the obtained't'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Shooting.

The Shooting Performance has been displayed in figure 4.7 (a).

FIGURE NO 4.7 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON SHOOTING.



The above figure 4.7(a) indicates to the afterword test values of Experimental group appreciably enhanced the presentation of Shooting and the post test standards of Shooting be extra than the pre test value due to 12 weeks of Yoga training. The Control group pre- test and post- test recital of Shooting shows no development.

TABLE – 4.7(a)

ANALYSIS OF COVARIANCE ON SHOOTING OF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
4.6400	1.6400	B.G	1.077	1	1.077	4.951*
		W.G	10.443	48	.218	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.7(a) shows that the adjusted post-test mean values of Shooting for Yoga Training Group and Control Group are 4.6400 and 1.6400 respectively. The obtained F-ratio of 4.951 for adjusted post test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Shooting. To determine which of the paired means had a significant difference

FIGURE NO 4.7 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON SHOOTING.

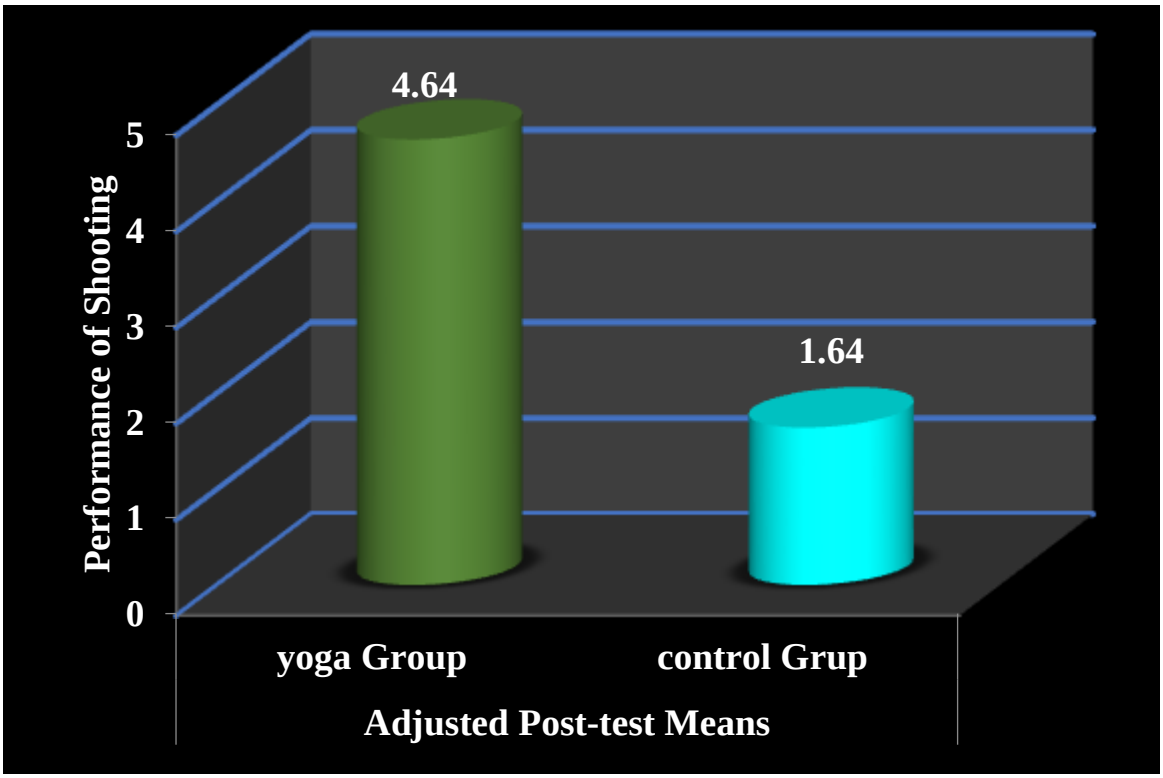


Figure 4.7 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Shooting.

TABLE – 4.8

THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON KICKING OF YOGA TRAINING GROUP AND CONTROL GROUP

KICKING	Yoga Training Group-I	Control group-II
Pre- test Mean	3.4600	3.6400
Post- test Mean	9.7000	3.3800
t-test	70.636*	1.905

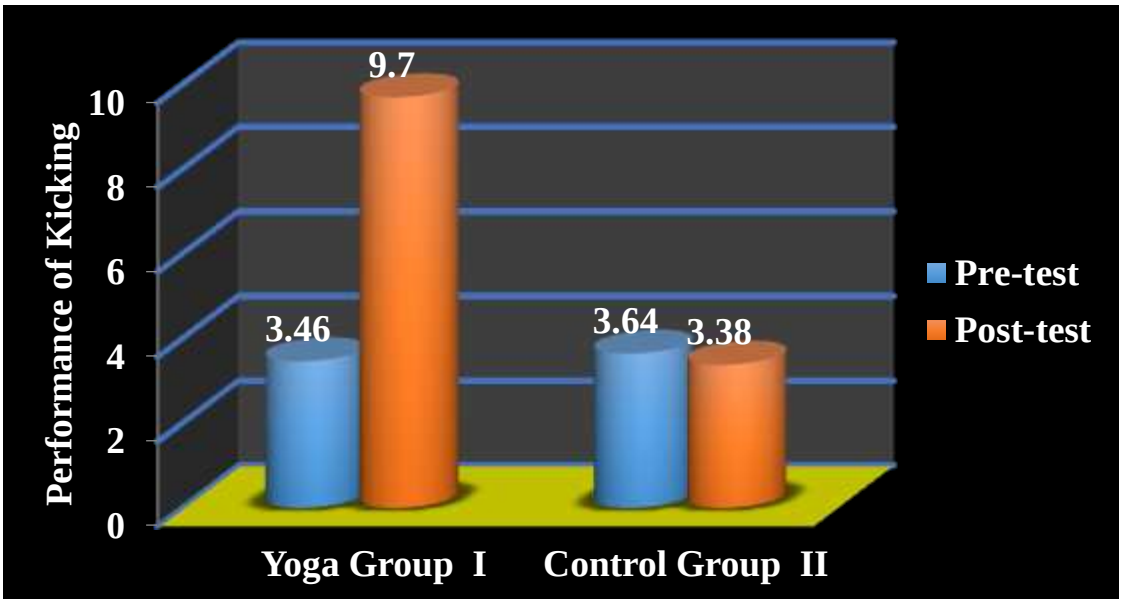
* Significant at .05 level.

(Table value required for significance at .05 level for't'-test with df 49 is 2.009)

From Table 4.8 the dependent't' test values between the pre and post test means of Yoga Training Group and Control Group are found to be 70.636 and 1.905 respectively. Since the obtained't'-test values of Experimental groups are greater than the table value 2.009 with df 49 at .05 level of confidence, it is concluded that Yoga Training Group had registered significant improvement in performance of Kicking.

The Kicking Performance has been displayed in figure 4.8 (a).

FIGURE NO 4.8 (A) .BAR DIAGRAM SHOWING THE PRE AND POST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON KICKING.



The above figure 4.8 (a) indicates that the after test ideals of Experimental group considerably better the presentation of Kicking and too the afterword test ethics of Kicking were additional than the before test values due to 12 weeks of Yoga training. The Control group pre- test and post- test performance of Kicking shows no progress.

TABLE – 4.8 (a)

ANALYSIS OF COVARIANCE ON KICKINGOF YOGA TRAINING GROUP AND CONTROL GROUP

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Yoga Training group	Control group					
9.7000	3.3808	B.G	732.000	1	732.000	437.444*
		W.G	80.321	48	1.6733	

* Significant at.05 level of confidence

(The table value required for Significance at .05 level with df 1 and 48 is 3.18)

Table 4.8(a) shows that the adjusted post-test mean values of Kicking for Yoga Training Group and Control Group are 9.7000 and 3.3808 respectively. The obtained F-ratio of 437.444 for adjusted post test mean is much greater than the table value of 3.18 for df 1 and 48 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yoga Training Group and Control Group on the development of Kicking. To determine which of the paired means had a significant difference.

FIGURE NO 4.8 (B) .BAR DIAGRAM SHOWING THE ADJUSTED POST-TEST MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON KICKING.

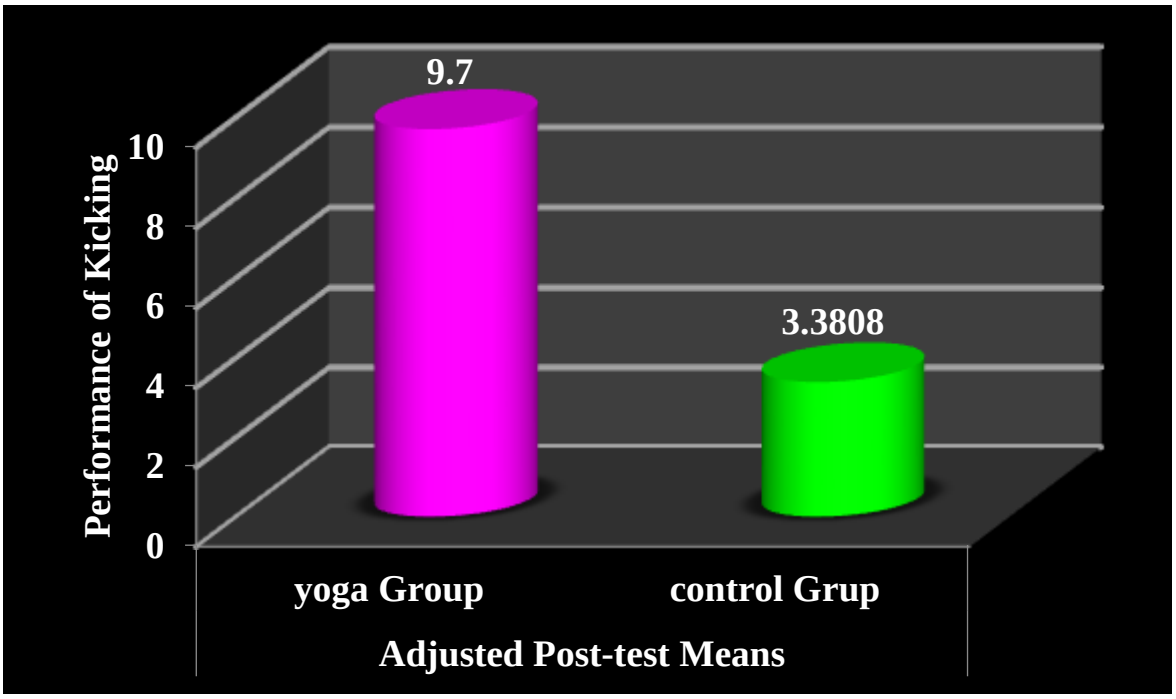


Figure 4.8 (a) Bar Diagram Showing the Mean values of yoga Group and control Group on Kicking.

Discussion of findings

The principle of the learn was to examine the result of 12 weeks of Yoga training on Football Players. The effect of the study indicate marvelous step up on Speed, Agility, Flexibility, Co-ordination, Dribbling, Passing, Shooting, and Kicking.

The consequence of the Yoga training indicates important development on the Speed of the subject. The result of the study is defensible with following studies. The outcome of the their study was also support by **Manjunath &Telles (2001)**, **Reddy and Ravikumar (2001)**,**Thiyagachanthan, (2010),Samsudeen (2011) and Sivakumar (2014).**

The effect of the Yoga training indicates considerable upgrading on the Agility of the subjects. The result of the study is justified with following studies. The result of the present study was also support by **Reddy and Ravikumar (2001)**, **Mark Tran et al (2007)**, **Bal, B.S. and Kaur, P.J. (2009)**, **Thiyagachanthan, (2010)and S.Senthilkumar and Dr.A.Prakash (2011).**

The end result of the Yoga training indicate important enhancement on the Flexibility of the subjects. The effect of the study is justified with following study. The effect of the here study was also support by **Reddy and Ravikumar (2001)**, **Fagnani Federica et al (2006)**, **Fondran& Kristine Marie et al (2008)**, **Bal, B.S. and Kaur, P.J. (2009) and Samsudeen (2011).**

The effect of the Yoga training indicates important progress on the Co-ordination of the subject. The result of the study is acceptable with following study. The result of the present study was also support by **Kocher, H.C. (1974),Mark Tran et al (2007), Qureshi, (2015**), **Dr. Biju Sukumar (2017), VishvanathPise, Balaram Pradhan, ManmathGharote(2018)andUmesh U and Dr. Suresh C (2018).**

The outcome of the Yoga training indicates insignificant upgrading on the Dribbling of the subjects. The effect of the study is right with following study. The result of the present study was too support by **McMillan K et al. (2004)**, **Mathavan, (2015),Praca, Soares, Matias, Costa & Greco (2015),SurhatMuniroglu (2020)and Athos Trecroci, TindaroBongionvanni, Luca Cavaggioni, Giulio Pasta, DamianoFormenti as well as GiampietroAlberti (2020)**

The outcome of the Yoga training indicates major development on the Passing of the subject. The result of the study is acceptable with following studies. The result

of the present study was and support by **Thelwell.,Greenlees., and Weston. (2010), Seif-Barghi, et. al., (2012)**, **Praca, Soares, Matias, Costa & Greco (2015)**, **KeskinBurcak (2015)**, **Poornabodha V Kadagadakai and Balaram Pradhan (2018) andMiguel-Ángel Gómez ,Carlos Lago, María-Teresa Gómez ,Philip Furley (2019)**

The end result of the Yoga training indicate major enhancement on the Shooting of the subjects. The effect of the study is acceptable with following studies. The result of the their study was moreover support by **Banerjee, A.K. and Das, S.S. (1992), Limbkar, Jitendra, &Bera T.K. (2000)**, **Dr. B. Palani Kumar and Bizunehyirga (2014), Praca, Soares, Matias, Costa & Greco (2015)**

The effect of the Yoga training indicate significant development on the Kicking of the subjects. The outcome of the study is acceptable with next studies. The effect of the here study was and support by **DebnathParimal (1978)**,**Banerjee, A.K. and Das, S.S. (1992)**, **Sedano, et.at (2009),Mathavan, (2015) and Mo. Sameer Khan and SarfrajAlam (2016)**

Discussion of Hypothesis

The research suggestion report confirmed that twelve weeks of yoga training improve the show of yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years. The declaration of the investigate hypothesis agree with the outcome, therefore, the hypothesis was accepted.

Speed, Agility, Flexibility, Co-ordination, Dribbling, Passing, Shooting and Kicking

Hypothesis -1 The research hypothesis report stated that twelve weeks of yoga training get better the presentation of the Speed for Football players. The report of the research hypothesis agree by the results, hence, the hypothesis was accepted.

Hypothesis -2 The research hypothesis report confirmed that twelve weeks of yoga training increase the routine of the Agility for Football players. The report of the research hypothesis agree with the results, hence, the hypothesis was accepted.

Hypothesis -3 The research hypothesis statement stated that four month of yoga training get better the presentation of the Flexibility for Football players. The

declaration of the investigate hypothesis agrees by the consequences, hence, the hypothesis was accepted.

Hypothesis -4 The study hypothesis declaration affirmed that 12 weeks of yoga training progress the show of the Co-ordination for Football players. The declaration of the do research hypothesis agree with the outcome, hence, the hypothesis was accepted.

Hypothesis -5 The research hypothesis statement stated that twelve weeks of yoga training development the knowledge of the Dribbling for Football players. The statement of the explore hypothesis be in agreement with the outcome, hence, the hypothesis was usual.

Hypothesis -6 The research hypothesis statement stated that 12 weeks of yoga training enhance the recital of the Passing for Football players. The declaration of the investigate hypothesis have the same opinion with the results, hence, the hypothesis was conventional.

Hypothesis -7 The study theory declaration confirmed that twelve weeks of yoga training perk up the presentation of the Shooting for Football players. The report of the investigate hypothesis be of the same opinion with the results, hence, the hypothesis was accepted.

Hypothesis -8 The examiner hypothesis announcement stated that four month of yoga training pick up the concert of the Kicking for Football players. The statement of the investigate hypothesis agrees with the results, thus, the hypothesis was usual.

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The reason of the study was to examine **"Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years".** The researcher selected Speed, Agility, Flexibility and Co-ordination for Motor Fitness variables and Dribbling, Passing, Shooting and Kicking for Football Skills variables. 12 weeks Yoga training was given to 100 boys subjects. Before Yoga training the researcher conducted pre test performance on Motor Fitness and Football Skills variables. The routine of the before test be documentation. Post the end of twelve weeks Yoga training the afterword test was conducted on Motor Fitness and Football Skills variables of the same were recorded. The results of post test performance when compared to pre test performance. All the performance variables of Motor Fitness and Football Skills variables indicate significant improvement.

Conclusions

Based on the study and judgment the following end is drawn for the present learn. It is become aware of to the topic who be concerned in yoga training contain encouraging outcome on their physical condition i.e. Motor Fitness and Football Skills variables.

- 12 weeks of Yoga training have exposed important development on Motor Fitness variables of the subjects.
- Four month of Yoga training have given away major upgrading in Speed of the subjects.
- Twelve weeks of Yoga training have exposed important development in Agility of the subjects.
- 120 days of Yoga training has given away considerable progress in Flexibility of the subjects.
- Twelve weeks of Yoga training has exposed important upgrading in Co-ordination of the subjects.
- Twelve weeks of Yoga preparation has exposed important perfection on Football Skills variables of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Dribbling of the subjects.

- Twelve weeks of Yoga training has shown significant improvement in Passing of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Shooting of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Kicking of the subjects

Recommendations

Based on the results of the study, the following recommendations were drawn by the investigator.

- The result of the study may help the physical education teachers to improve the Motor Fitness and Football Skills performance variables of their football players.
- Coaches/trainer can utilize the outcome of the study for their training programme.
- Similar study may be conducted to examine the effect of Motor Fitness and Football Skills variables for the different age groups.
- Further, similar research may be undertaken considering female Subject.
- Similar study may be replicated with longer durations, different intensities of the training other than mentioned in the present study.
- A continuous and regular Yoga programme, in an organized manner, has to be suggested for the occasional participants to obtain desired results in their Motor Fitness and Football Skills variables
- Similar studies may be conducted on National and international athletes.
- Similar studies may be conducted on rural area students.
- For the development of Motor Fitness and Football Skills performance of Yoga guidance programme may be integrated in the physical education set of courses.

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to investigate **"Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years".** The researcher selected Speed, Agility, Flexibility and Co-ordination for Motor Fitness variables and Dribbling, Passing, Shooting and Kicking for Football Skills variables. 12 weeks Yoga training were given to 100 boys subjects. Before Yoga training the researcher conducted pre test performance on Motor Fitness and Football Skills variables. The performances of the pre test were recorded. After the completion of 12 weeks Yoga training the post test were conducted on Motor Fitness and Football Skills variables of the same were recorded. The results of post test performance when compared to pre test performance. All the performance variables of Motor Fitness and Football Skills variables indicate significant improvement.

Conclusions

Based on the study and finding the following conclusions were drawn for the present study. It is noticed that the subjects who were involved in yoga training have positive effect on their health i.e. Motor Fitness and Football Skills variables.

- Twelve weeks of Yoga training has shown significant improvement on Motor Fitness variables of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Speed of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Agility of the subjects.
- Twelve weeks of Yoga training has shown significant improvement in Flexibility of the subjects.
- Twelve weeks of yoga training have shown significant improvement in the subjects' coordination.
- Twelve weeks of yoga training have shown significant improvement in the football skill variables of the subjects.
- Twelve weeks of yoga training have shown significant improvement in the subjects' dribbling.
- Twelve weeks of yoga training have shown significant improvement in the passing of the subjects.

- Twelve weeks of yoga training have shown significant improvement in the shooting of the subjects.
- Twelve weeks of yoga training have shown significant improvement in the subjects' kick.

Recommendations

Based on the results of the study, the following recommendations were drawn by the investigator.

- The result of the study may help the physical education teachers improve the motor fitness and football skills performance variables of their football players.
- Coaches and trainers can utilise the outcome of the study for their training programmes.
- A similar study may be conducted to examine the effect of motor fitness and football skills variables on different age groups.
- Further, similar research may be undertaken with female subjects.
- A similar study may be replicated with longer durations and different intensities of training than those mentioned in the present study.
- A continuous and regular yoga programme, in an organised manner, has to be suggested for the occasional participants to obtain desired results in their motor fitness and football skills variables.
- Similar studies may be conducted on national and international athletes.
- Similar studies may be conducted on rural area students.
- For the development of motor fitness and football skills, a yoga training programme may be included in the physical education curriculum.

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Research Paper 5 Physical Education

Efeect of Yogic Training on selected speed among Football Player

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ABSTRACT

Materials and Methods: The purpose of the study was to find out the influence of aerobic training on selected speed football players. To achieve the purpose of the study thirty football players from Vijayapur- were selected at random and their age ranged from 14 to 16 years. The subjects were divided into two equal groups of fifteen each. Group I Experimental Group yoga training and Group II Control Group. The requirement of the experiment procedure testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The study was formulated as a post test only random group design. The duration of experimental period was 8 weeks. After the experimental treatment, all the subjects were tested on speed. This final test scores formed as post test scores of the subjects. The post test scores were subjected to statistical analysis using analysis of co-variance. In all case 0.05 level of confidence was fixed to test hypotheses. The yoga training has been established as an effective means to improve on speed and cardio respiratory endurance among college men football players after undergoing Aerobic training for a period of 8 weeks. Results: The result of study shows that, there was significant improvements take place on speed football players. Conclusions: Improved speed after regular practice of yoga training is beneficial of football players.

Keywords: Efeect Of Yogic Training On Selected Speed Among Football Player

Introduction :

Aerobic fitness refers to endurance, or the ability to sustain work for prolonged periods. The term "aerobic" implies that the oxygen necessary to accomplish the work is taken up by

the individual during the activity. With longer exercise time, more aerobic metabolism is involved, and exercise lasting more than 12 minutes is mostly accomplished by aerobic metabolism. Aerobic exercise is not only helpful for reducing cardio vascular disease risk but there is also evidence that strongly supports the conclusion that physically active individuals have higher survival rates and live longer, Paffenberger et. al, 1984. Aerobic fitness is important for soccer players. A high maximal aerobic power has been correlated with work-rate during a game and a high aerobic capacity is reported to aid recovery during high-intensity intermittent exercise, typical of soccer performance and training. Yoga training on physical fitness and objective of match performance in soccer. Small-sided games and running are equally effective modes of aerobic interval training in junior soccer players.. An increase in the capacity of the oxygen transport system leads to a higher aerobic contribution to the energy expended, taxing the anaerobic energy system less and, consequently, reducing fatigue through sparing glycogen and preventing the decrease of muscle. The relevance of aerobic fitness for soccer players has been also confirmed by some relationship between aerobic power and competitive ranking, team level, and distance covered during the match Impellizzeri, F. M., Rampinini 2005. According to Baumgartner and Jackson 1991, the belief that exercises are good for one's health has been the topic of scientific debate for years. Serious scientific research designed to examine the role of exercise on mortality and morbidity was started in the 1950s and data now show that regular amounts of aerobic exercises reduce the risk of heart diseases and extend life expectancy. Ghislaire 1995 tells us that both theory and practical experience support the view that while engaging in activities which are intrinsically valuable we can at the same time seek certain extrinsic benefits with some certainty of success

Methods:

The purpose of the study was to investigate the Influence of aerobic training on selected speed and cardio Respiratory Endurance measure among men College football player. To achieve the purpose of the present study, thirty football players were selected as subjects from Vijayapur random and their ages ranged from 14 to 16 years. The subjects were divided into two equal groups. Experimental group I (N=15) Aerobic training and Group II acted as control Group (N=15). The experimental groups were treated with their respective training for one hour per day for three days a week for a period of eight weeks. Speed measures in seconds and cardio respiratory endurance measures by metres.

Training Program: The training program was conducted for 60 minutes for session in day, three days in a week for a period of eight weeks duration. These 60 minutes included 15 minutes warm up, yoga training and 10 minutes warm down. Every weeks of intensity 5 % of

intensity of load was increased from 60 % to 95 % of work load. The volume ofyoga training prescribed based on the number of sets and repetition.

Statistical Analysis:

The collected data before and after training period of 8 weeks on the above variables due to influence of aerobic training was statistically analyzed with dependent 't' test to find out significant improvement between pre and post test. In all cases the criterion for statistical significance was at 0.05 level of confidence. (P<0.05)

Table - I Selection of variables and criterion measures

S. No Criterion Variables	Test Items	Units of Measurement
Speed	50 Yards Run In Seconds	In Seconds

Table - II

THE SUMMARY OF MEAN AND DEPENDEN't' TEST FOR THE PRE AND POST TESTS ON SPEED OF AEROBIC TRAINING AND CONTROL GROUPS

Group	Variables	Mean	N	S.D	"t" ratio
Yoga Training	speed	Pre 7.10	15	0.05	14.75*
control		Post 7.00		0.04	1.66
		Pre 7.07	15	0.05	
		Post 7.08		0.04	

*Significant at 0.05 level.

Table II shows that mean, standard deviation and't' ratio on selected variables namely speed and cardio respiratory endurance experimental group. The obtained't' ratio speed were 14.75*. The required table value was at the 0.05 level of significance. Since the obtained't' values were greater than the table value. It was found that to be statistically required table value was 2.14 for DF 1 and 14 at the 0.05 level of significance. Since the obtained't' values were greater than the table value. It was found that to be statistically significant. Further the

computation mean, standard deviation and 't' ratio on selected variables namely speed control group. The obtained 't' ratio speed were 1.66.

Conclusion:

1. There was a significant improvement on selected dependent variable such as speed on influence on Yoga training on college men football players.
2. There was a significant differences between experimental and control group on speed football players.

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SKILL INDIA

OPPORTUNITIES & CHALLENGES

Dr. Bhakti Mahindrakar (Tatuskar)

EFFECT OF YOGA TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG MALE FOOTBALL PLAYERS

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Abstract

The determination of the education was to discovery out the Effect of Yoga Training on Chosen Physical and Physiological Variables among male Football Players. To attain the drive of the present study, to abridge the study, thirty Male from The Government Degree College, Vijayapur, were randomly selected as subjects and their age were between 18 to 25 years. The study was expressed as a true random group project, containing of a pre-test and post-test. The subjects (N=30) were randomly allocated to two equal groups of fifteen Male each. The groups were assigned as Yoga Training group and control group in an equal manner. The group I experienced Yoga Training group II acted as a control group. The experimental group participated the training for a period of twelve weeks to find out the outcome of the training posts and the control group did not donatedinany training programme. The variable to be used in the present study was collected from all subjects beforehand they have to extravagance with the respective actions. It was expected as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as variables by the experimental groups. To test the obtained results on variables, level of significance 0.05 was chosen and careful as sufficient for the study. The Yoga Training group shaped significant development in Physical and Physiological variables among Male Football players. In the control group the obtained 't' value on all the variables were failed to reach the significant level.

Key Words; Effect of Aerobic, Speed, cardiorespiratory & Agility, Football Male.

INTRODUCTION

Sports, the word are derived from the Latin as deported, which survive in the Roman language in the sense of "to amuse oneself". In the early twelfth century it is attested in Spanish as departure or se deported. ("French it appears in the same sense in the fourth century as disport") was format from the verb, and in the fifteenth century English the shorten from "sport" which meant the free time, relaxation from the more serious claims of life, merry entertainment games.

Sports are one of the striking features of twelfth century life, as evidenced by the variety and popularity of sporting events in the most diverse parts of the world. This new phenomenon in society has attached the interest if researchers in many fields, and ever more urgently calls upon historians to contribute to a deeper understanding of sport through the knowledge of the past.

Sports have become an important part of nation's culture as well as of other culture throughout the world. Sports pervade society to such an extent that it has been described by many as a microcosm of society. As such, sports reflect characteristics of society.

METHODOLOGY

The purpose of the study was to find out the Effect of Yoga Training on Selected Physical and Physiological Variables among Male Football Players. To achieve the purpose of the present study, to

facilitate the study, thirty Male from The Government Degree College, Madurai, were randomly selected as subjects and their age were between 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen Male each. The groups were assigned as Yoga Training group and control group in an equivalent manner. The group I underwent Yoga Training group II acted as a control group. The experimental group participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was as summed as post-test. Paired t test was applied to test the significance of mean gains made in

SELECTIONOFVARIABLES &TESTSMEASURES

S.No	Physical Variables	Testitems	Unit of Measurement
1	Speed	50Yarddash	Seconds
2	Agility	T-test	Seconds
3	Cardio Respiratory Endurance	Cooper12minrun and walk	Meters

S.No	Physiological Variables	Test Items	Unit of Measurement
1	Restingheartrate	Manual	counts
2	Breath holding time	Stopwatch	Seconds

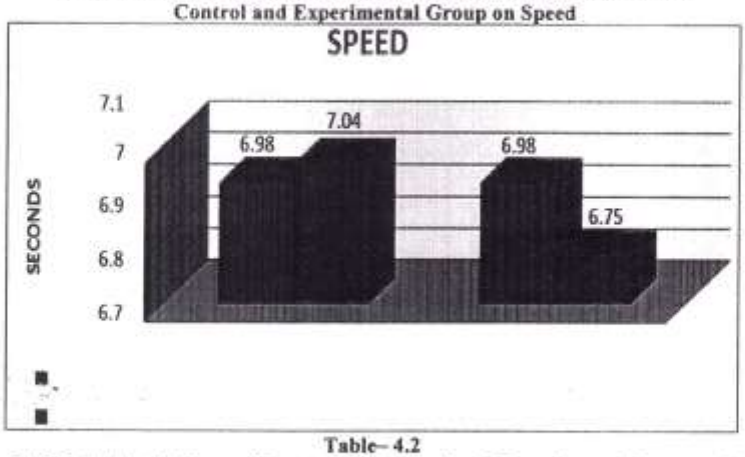
Table- 4.1 Analysis of 't' Ratio for the Pre and Post-tests of Control and Experimental Group on Speed

Variable	Group	Mean		SD		SdError	df	„t" ratio
		Pre	Post	Pre	Post			
Speed	Control	6.98	7.04	0.23	0.21	0.07	14	0.88
	Experimental	6.98	6.75	0.30	0.28	0.10		**2.26***

*Significanceat.05level of confidence.

The Table - 4.1 shows that the mean values of pre-test and post-test of control group on speed were 6.98 and 7.04respectively. The obtained „t" ratio was 0.88, since the obtained „t" ratio was less than the required table value of2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on speed were 6.98 and 6.75 respectively. The obtained „t" ratio was 2.26 since the obtained „t" ratio was greater than the required table value of2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically Significant. The result of the study showed that there was a significant difference between control group and experimental group in speed. It may be concluded from the result of the study that experimental group improved in speed due to six weeks of yoga training.

Fig-4.1:Bar Diagram shows the mean values of Pre and Post-tests of Control and Experimental Group on Speed



Table– 4.2

Analysis of 't' Ratio for the Pre and Post-tests of Control and Experimental Group on Endurance

Variable	Group	Mean		SD		SdError	df	„t" ratio
		Pre	Post	Pre	Post			
Endurance	Control	2697	2693	142.48	146.99	30.95		0.13
	Experimental	2694	2763	141.78	103.51	30.71	14	2.23*

The Table - 4.2 shows that the mean values of pre-test and post-test of control group on speed were 6.98 and 7.04respectively. The obtained „t" ratio was 0.88, since the obtained „t" ratio was less than the required table value of2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on speed were 6.98 and 6.75 respectively. The obtained „t" ratio was 2.26 since the obtained „t" ratio was greater than the required table value of2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically Significant. The result of the study showed that there was a significant difference between control group and experimental group in speed. It may be concluded from the result of the study that experimental group improved in speed due to six weeks of yoga training.

Fig - 4.2: Bar diagram shows the mean values of Pre and Post-tests of Control and Experimental Group on Endurance

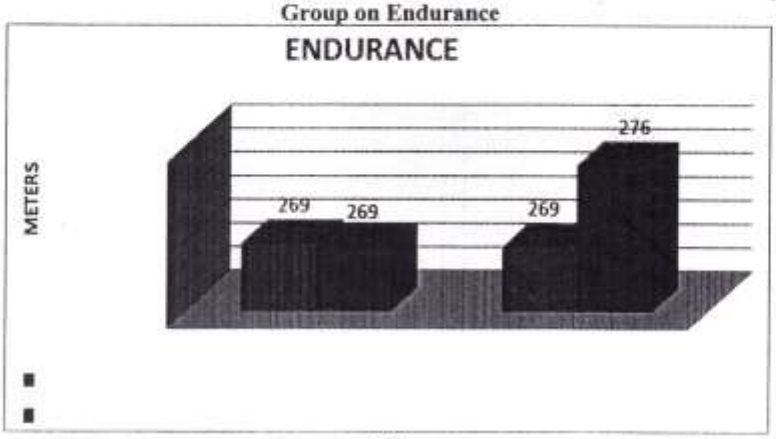


Table-4.3

Analysis of 't' Ratio for the Pre and Post-tests of Control and Experimental Group on Agility

Variable	Group	Mean		SD		SdError	Df	„t" ratio
		Pre	Post	Pre	Post			
Agility	Control	11.79	11.90	0.45	0.82	0.27		0.40
	Experimental	11.92	11.47	0.69	0.74	0.12	14	3.77*

*Significanceat.05level of confidence.

The Table-4.3 shows that the mean value so pre-test and post-test of control group on agility were 11.79 and 11.90 respectively. The obtained „t" ratio was 0.40 since the obtained „t" ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on agility were 11.92 and 11.47 respective obtained „t" ratio was 3.77 since the obtained „t" ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in agility. It may be concluded from the result of the study that experimental group improved in agility due to six weeks of yoga training.

Fig - 4.3: Bar diagram shows the mean values of Pre and Post-tests of Control and Experimental Group

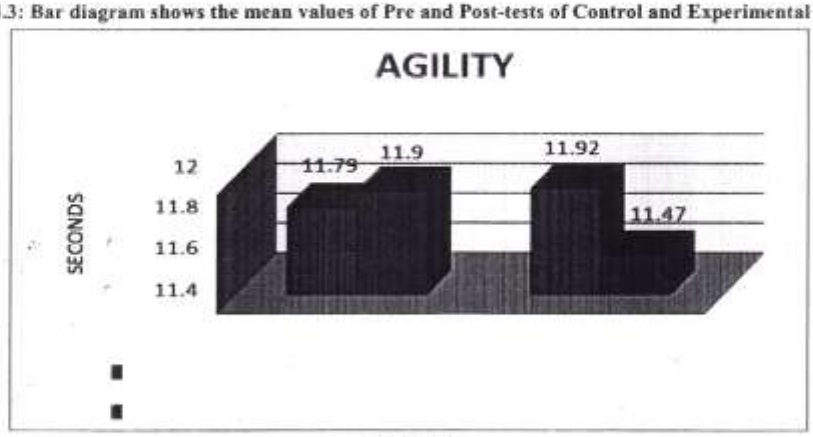


Table-4.4

Analysis of 't' Ratio for the Pre and Post-test of Control and Experimental Group on Resting Heart Rate

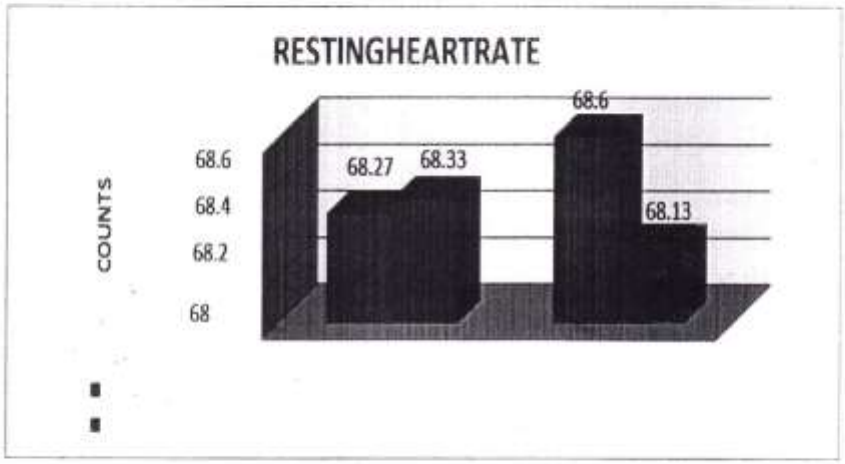
Variable	Group	Mean		SD		Sd Error	df	„t" ratio
		Pre	Post	Pre	Post			
Resting Heart Rate	Control	68.27	68.33	1.87	2.13	0.21		0.32
	Experimental	68.60	68.13	1.64	1.36	0.17	14	2.82*

*Significance at .05level of confidence.

The Table - 4.4 shows that the mean values of pre-test and post-test of control group on resting heart rate were 68.27 and 68.33respectively. The obtained „t" ratio was 0.32 since the obtained „t" ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean value so pre-test and post-test of experimental groups on resting heart rate were 68.60 and 68.13 Respectively. The obtained „t" ratio was 2.82 since the obtained „t" ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the

study showed that there was a significant difference between control group and experimental group in resting heart rate. It may be concluded from the result of the study that experimental group improved in resting heart rate due to six weeks of aerobic training

Fig - 4.4: Bar diagram shows the mean values of Pre and Post-tests of Control and Experimental Group on resting heart rate



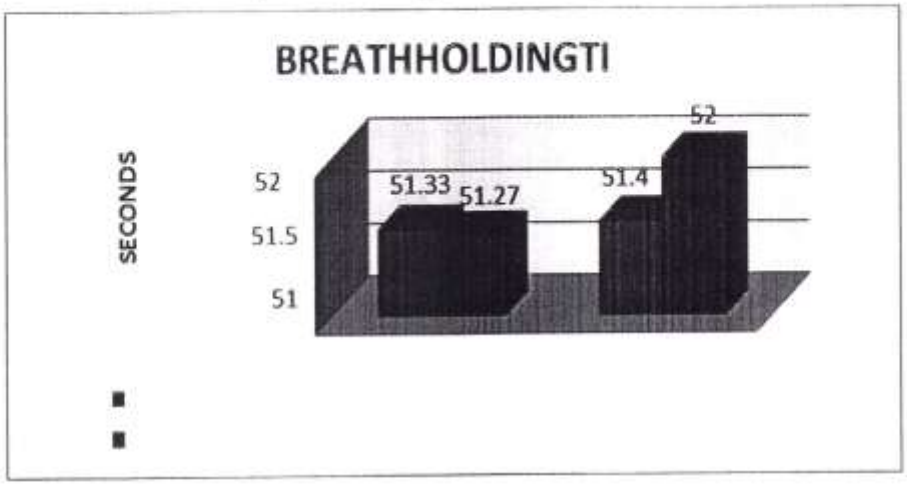
Analysis of 't' Ratio for the Pre-test and Post-test of Control Group and Experimental Group on Breath Holding Time

Variable	Group	Mean		SD		SdEEr ror	df	„t"ratio
		Pre	Post	Pre	Post			
BreathHoldingT ime	Control	51.33	51.27	8.04	8.04	0.07	14	1.00
	Experimental	51.40	52	3.16	3.30	0.25		2.35*

*Significance at .05 level of confidence.

The Table- 4.5 shows that the mean values of pre-test and post-test of control group on breath holding time were 51.33 and 51.27 respectively. The obtained „t" ratio was 1.00 since the obtained „t" ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degree so ffreedomit was found to be statistically in significant. The mean values of pre-test and post-test of experimental groups on breath holding time were 51.40 and 52 respectively. The obtained „t" ratio was 2.35 since the obtained „t" ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in breath holding time. It may be concluded from the result of the study that experimental group improved in breathe holding time due to six weeks of aerobic training.

Fig - 4.5: Bar diagram shows the mean values of Pre and Post-test of Control and Experimental Group on Breath Holding Time



CONCLUSIONS

In the light of the study under taken certain limitations imposed by the experimental conditions the following conclusions were arrived.

1. Speed, endurance, agility, resting heart rate, breath holding time were significantly improved due to the influence of Yoga training group among school Female.
2. The Yoga training group improves resting heart rate, breath holding time, Speed, flexibility, agility greater than that of control group.

RECOMMENDATIONS

From the results of the study the following recommendations are drawn

1. The present study is recommended to the coaches, trainers and physical Educator
2. stoadoptth is training to improve health related physical fitness
3. The similar study may be conducted on sports players.
4. The similar study may be conducted for women at different age group.
5. The similar study maybe conducted for men at different age groups.
6. Similar research work maybe attempted by using skill related physical Fitness, physiological and biochemical variables.

The similar study maybe conducted on sports players.

1. The similar study maybe conducted for women at different age group.
2. The similar study maybe conducted for men at different age groups.
3. Similar research work maybe attempted by using skill related physical Fitness, physiological and biochemical variables.

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VOLUME - I

A NEW ERA OF PHYSICAL EDUCATION, SPORTS AND YOGA

EDITORS

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DR. ANUSHREE A. MAHURKAR

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23.Effect of Yogic Exercises on Aerobic Capacity (Vo2max)

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Karnataka State Akkamahadei Women's University Vijyapura

Abstract:

Yoga is considered to be very good exercise for maintaining proper health. It produces consistent physiological changes and have sound scientific basis. It is claimed that yoga practices improve various cardio respiratory fitness parameters. Aim to find the effect of short term yoga practice on aerobic capacity (Vo2max.) Objective: To measure aerobic capacity (VO2max.) Before and after yoga practice material: and methods: The present study was conducted don 60-degree college students (40 males and 20 females) within the age group of 18-20 years. VO2 max was measured using bicycle Ergo meter in our 'Exercise and Sports Physiology' laboratory. It was recorded at start of study (baseline) and then after 12 weeks of yoga therapy. Results: For both the genders VO2 max was found to be increased after yoga therapy for 12 weeks. Conclusion: the present study concluded that yoga practice can be used to per kup cardio repertory fitness.

1. Introduction

Now-a-days, more persons are interested in 'physical fitness' than any time before. Physical fitness depends mainly on cardio respiratory endurance of an individual. VO2 max (maximal oxygen uptake/maximal aerobic power aerobic capacity) is widely accepted as the best measure of cardio respiratory endurance. VO2max refers to the level of oxygen consumption beyond which no further increase in oxygen consumption curs with further increase in the severity of exercise. It is expressed as 'millilitres of oxygen used in one minute per kilogram of body weight' (ml/kg/min). VO2max is probably the best physiological indicator of a person's capacity to continue ever work. In sports, where endurance is an important component in performance, such as cycling, rowing, cross country skiing, swimming and running.

Materials and Methods:

In the present study, a total of 60 Degree college Students (40maleand20female) in the age group of 18-20yrs. participated voluntarily. All the volunteers were fully informed about the study and written informed consent was obtained .The volunteers

with past or present history suggestive of cardiovascular or respiratory illness or any other systematic illness, history of major surgery in the recent past, family history of as thmaorallergic diseases, history of cigarette smoking, tobacco chewing, alcohol intake etc, subjects with previous experience of Yoga training or any other active sport straining were excluded from the present work After being selected in the study detail history was noted from each volunteer.

All the participants were instructed not to do any other physical exercises like sports, athletics or resistance training during the present study. The height, weight and BMI were recorded. VO2max was measured using Aster and-Rhyming cycle ergo meter test in **'Exercise & Sports Physiology'** Bagalkot. The subject is asked to pedalat 50 revolutions per minute and tries to keep it constant for at least 6 minutes. The continuous monitoring of heart rate by counting the pulse for the last 10 seconds of each minute of ride was done. Load was adjusted such that heart rate should rise to a level in the target range (125 to 170 beats /min) and then this level was maintained relatively constant during last few minute of ride. Final count was made during last 10 seconds of the sixth minute of ride estimation of Vo2max was done by using modified a strand rhyminmogan 2 after measuring world class athletes typically have high VO2max.1In baselineVO2 max, students were trained by expert's recent times, medical fraternity is much attracted towards beneficial effects of Yoga. It claimed that yoga practices improve various cardio-respiratory fitness parameters. In view of this, the present study was undertaken to see whether yoga has any effect on VO2max. Also, to note the difference, if any, in the values ofVO2 max obtained before and after yoga practice and to discuss the results in view of the results obtained by other workers from Yoga Kendra.

Then they performed the Yoga Practice (Asana & Pranayama) in the evening for one hour, six days in a week, for 12weeks underexpert's observation.Yoga practice consisted of prayer and Omkar recitation (5minutes) followed by in sequence Asanas like Naukasana, Matsya Bhujang asana, Shalabhasana Dhanurasana, Shavasana (fornext30minutes), then breathing exercises like Kapalbhati and Yogic Shwasan (for next 10 minutes), then followed by Pranayama like NadiShuddhi, Bhastrika and Bhramari (forlast15minutes). After 12 weeks VO2 max was measured again and Data was analyzed statistically using 'z' test separately for males and females using SPSS software. Stimulation of parasympathetic activity during Yogic Training. Conversion

of some of the Fast Twitch muscle fibres' into Slow Twitch muscle fibres' during yogic training. Slow twitch fibres have high.

Results:

Table 1: Effect of Yogic Exercises on VO_2 max.(ml/kg/min) in males

Test	N	Before Yoga Mean± S.D.	After Yoga Mean ±S.D.	P-value
VO2max	40	30.33±3.50	33.1±4.38	*P<0.001

Table 2: Effect of Yogic Exercises on VO_2 max (ml/kg/min) in females

Test	N	Before Yoga Mean± S.D.	After Yoga Mean ±S.D.	P-value
VO2max	40	27.75±2.27	30.43±2.23	*P< 0.001

(n= No. of subjects, *=highly significant)

Table1shows change in VO2 max male subject whereas. Table 2 represents change in VO2max in female subjects. Both the groups show statistically significant increase in VO2max after Yogic Exercises.

Discussion:

VO2 max. Is very importance for physical performance as well as for the health in genera It has been used as an index of cardio respiratory fitness. VO2max can be determined using variety of exercises that activate the body's large muscle groups, provided the intensity and duration of effort are sufficient to maximize aerobic energy transfer. The usual exercises modes include treadmill running, bench stepping and stationary cycling. High VO2 max requires

Integration of high levels of pulmonary, cardiovascular and neuromuscular function. So, VO2 maxi fundamental measure of physiologic functional capacity for exercise.1RayU.S. et al (2001)3 observed significant improvement inVO2 max after Yogic training. Raj P.S. et al (1997)4have found a significant increase in oxygen consumption per unit work after yoga training. BeraT. Kand Rajapurkar M. Vin19935reported significant improvement in cardiovascular endurance as a result of yoga training. Balasubramanian Band Pans are MS in19916observed significant increase in aerobic power (VO2max) of muscles after yoga training. In our study, as shown in table 1 and 2, VO2 maximal's and females show statistically significant.

Conclusion:

1. Yogic Exercises done for one hour daily including asana, breathing exercises andpranayamaseemstoimproveVO2max.
2. InspiteofYogicExercisesbeingnotveryvigorousVO2 max was found to increase.
3. Yogic Exercises can be of value in conditions of low cardio respiratory reserves, especially in patients in whom heavy exercises are contraindicated.
4. Yogic Exercises may be incorporated as a part of Physical Fitness Program 'to improve cardio –respiratory efficiency in sport persons.

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of
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Dated: 03.12.2019

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Subject: ICSSR Post-Doctoral Fellowship for the Year 2019-20.

Dear Dr Jyoti Awati,

On behalf of the ICSSR, I am pleased to inform you that you have been provisionally recommended for award of ICSSR Post-Doctoral Fellowship for the year 2019-20 to work on ***"Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years "*** under the supervision of **Dr Rajkumar P Malipatil.**

The recommendation has been made in accordance with the procedure laid down in the ICSSR Guidelines for Post-Doctoral Fellowship Scheme. Fellowship will be governed and monitored by the terms and conditions mentioned therein. The Guidelines can be seen on www.icssr.org. To join the ICSSR Fellowship, you need to agree with the Terms and Conditions/Guidelines and submit the following documents, duly forwarded through the competent authority of the University/Institute/College of affiliation within two weeks from the date of this letter:

1. Forwarding Letter *(duly signed and stamped by the competent authority of the affiliating institution)*
2. Joining Report
3. Declaration and Undertaking (each on non-judicial stamp paper of Rs.100/-)
4. Details of the bank account of the affiliating institution duly PFMS linked to ICSSR 0877 to receive fellowship amount from ICSSR.
5. Grant-in-aid bill for releasing the first instalment of fellowship
6. Self-attested copy of Ph.D. Degree, SC/ST/PwD Certificate *(if applicable and if already not submitted)*

Format attached

Please take a note of the following suggestions given by the Experts during personal interaction and incorporate the same in consultation with your Supervisor before commencement of your research work:

1. The experimental methodology needs to be refined in order to get the exact impact of yoga.

After receipt and acceptance of these documents by the ICSSR, a formal Sanction Order for the award of the Post-Doctoral Fellowship will be issued and subsequently the Fellowship shall be transferred to the affiliating institution in their PFMS linked account. In case, the awardee does not join within two weeks from the date the issue of this Award Letter, the Application shall be treated as withdrawn. In case of any difficulty in joining, the awardee is required to inform the ICSSR and take its permission for any delay.
With best Wishes,

Yours sincerely,

(S.M. Verma)

Copy to:

1. The Registrar
   Karnataka State Akkamahadevi Women's University,
   Vijayapura, Karnataka- 586 108
2. Dr Rajkumar P Malipatil
   Associate Professor, Deptt. of Phy. Edn. & Sport Sciences
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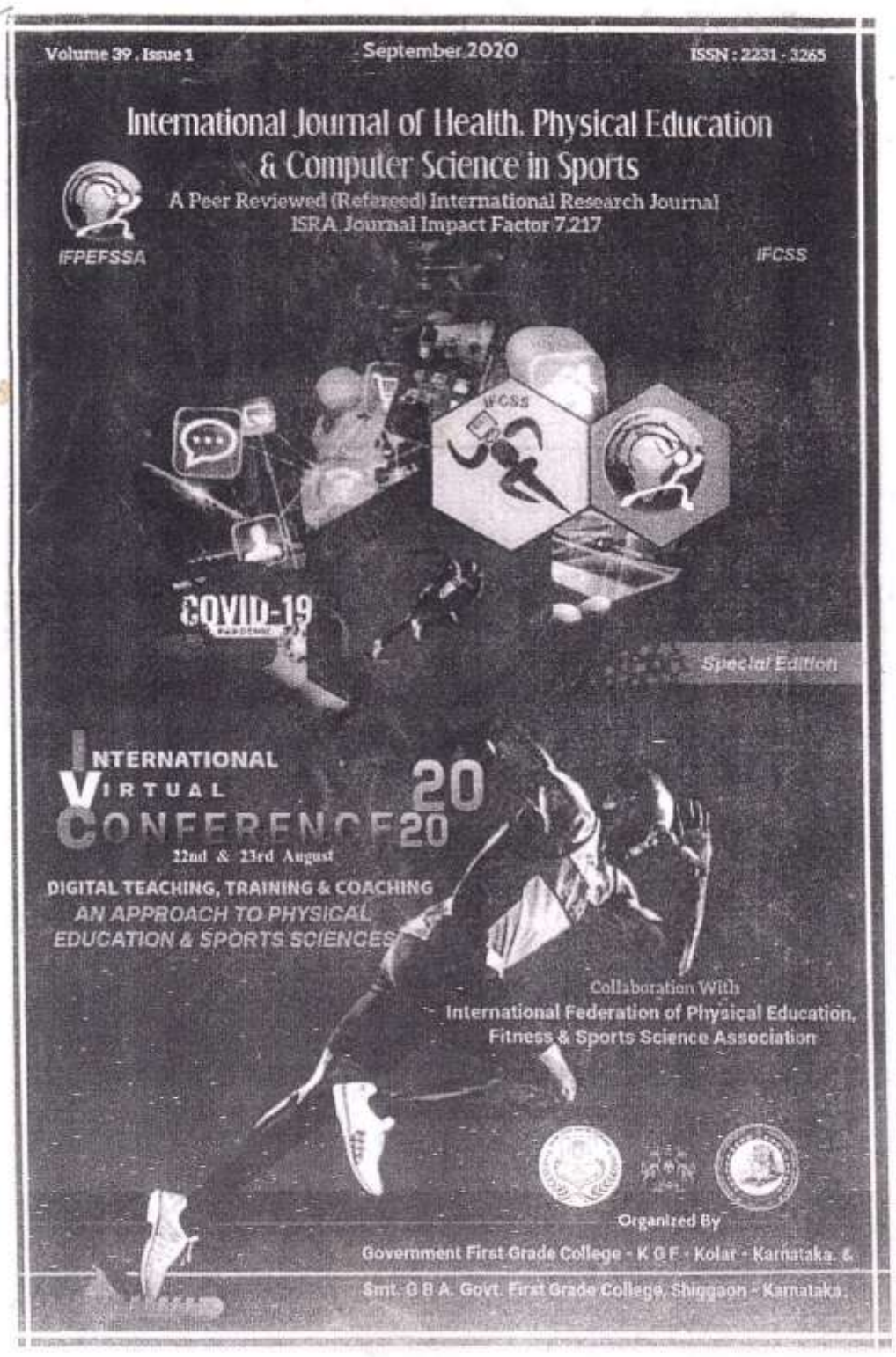
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Research Article

Yoga for physical fitness and well-being

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ABSTRACT

The true essence of yogic asana and kriya revolves round improvement of physical and mental energy, which is required in every aspect of life; be it sitting, standing, sleeping, reading, playing, etc. The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit or God. The origin of yoga dates back to the early days of human civilization and represents one of the intangible aspects of India's spiritual heritage. Yoga facilitates attainment of self-realization and harmony. Man is a physical, mental, and spiritual being; yoga helps promote a balanced development of the three. Yoga can be practiced by any individual, irrespective of the background, who is ready to transcend the self and attain enlightenment. Improves the purity of the body Yoga Cure and Prevention from Disease Yoga is a powerful instrumental force that helps to prepare the body, mind, and reflexes of a sportsperson. It is the "pranic" forces where the "Nadis" (channels of the body) are cleansed, keeping the mind and body healthy. "Pranamaya" contributes to greater energy transmission and improving concentration. Yoga actually helps in an all-round development of the mind and body and prepares a sportsperson for better reflexes and performances. Yoga is a process of bringing mind and body to synchrony to gain good health, balance of mind, and self-realization. It heals our mind and liberates our soul. With proper understanding and regular practice, one can reach the zenith of physical and mental fitness

Keyword: Yoga for physical fitness and well-being

INTRODUCTION

The true essence of yogic asana and kriya revolves round improvement of physical and mental energy, which is required in every aspect of life; be it sitting, standing, sleeping, reading, playing, etc. The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit or God. The word yoga is derived from the roots of Sanskrit Yuj which means to join, to attach, to bind and Yoke, and to concentrate on one's attention. It also means union. Yoga is the true union of our will with the will of God. Yoga means union, joining, harnessing, yoking, contact, or connection. It is the union between the individual self and the universal self. At the individual level, this refers to the unity of body, mind, and spirit and the underlying aim of all yoga practices is to cultivate harmony and the balance throughout the totality of our being. It is the harnessing of one's own underlying nature as well as under natural forces from which one has emerged. It is the yoking together of the body, mind, and spirit through self-discipline. Yoga was the foundation of the body – its secret energies and natural intelligence – to reach the summits of the spirit. In yoga philosophy, the Sanskrit terms for these concepts are Atman and Brahman. There is Brahman (ultimate reality), which is advaita (non-dual), eka (one without-a-second),

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santana or nitya (eternal), avikari (changeless), sarvagata (all-pervading) achala (unshakable), sthanu (stable) guanitta (transcendental), and ananta (infinite).

DEFINITIONS

According to Kathopanishad
"When the sense is stilled, when the mind is at rest, when the intellect wavers not then, say the wise, are reached the highest stage. This steady control of the senses and mind has been defined as yoga. He who attains it is free from delusion."

Maharishi Ved Vyas
"Yoga is attaining the pose."

Shri Bharti Krishan Tirth
"Oneness of man with God is known as Yoga."

Agam
"The knowledge about Shiva and Shakti is yoga."

BRANCHES OF YOGA

*Heath Yoga or Yoga of Postures.
*Bhakti Yoga or Yoga of Devotion.
*Raja Yoga or Yoga of Self-control.
*Jnana Yoga or Yoga of the mind.
*Karma Yoga or Yoga of service.
*Tantra Yoga or Yoga of Rituals.

THERE ARE EIGHT COMPONENTS OF YOGA TO SECURE PURITY OR BODY, MIND, AND SOUL. THEY ARE

Yama (Social Discipline)
Yama means restrain or abstention. It has five moral practices. Non-violence (Ahimsa) means not to hurt any creature mentally or physically through mind, truthfulness (Satya) is the presentation of a matter as perceived with the help of the sense organs. Non-stealing (Asteya) means not to covet and acquire physically, mentally, or by speech other's possessions. Celibacy-moderation in sex (Brahmacharya). Brahmacharya does not mean lifelong celibacies, but moderation in sex between married couples. Non-acquisitiveness (Aparigraha) means abandoning wealth and means of sensual pleasure.

Niyama (Individual Discipline)
Physical and mental rules of conduct toward oneself. Cleanliness means internal and external purification of the body and the mind. Contentment (Santosh) is a state of mind by which one lives happily and satisfied in a congenial or uncongenial atmosphere. Austerity or Penance (Tapas) is the conquest of all desires or sensual pleasures by practicing purity in through speech, and action. Self-study (Swadhyaya) means exchange of thoughts to secure purity in thought and accomplish knowledge. Surrender to God (Ishvara Pranidhana). It is pure devotion to God and surrender of all actions to him.

Asana (Postures)
Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of asana brings firmness to the body and vitality to the body and the mind.

Pranayama (Breath Control)
Practice of pranayama is to stimulate, regulate, and harmonize vital energy of the body, for example, as work is required for purifying the body, pranayama is required for purifying the mind and internal organs.

Pratyahara (Discipline of the Sense)
The extroversion of the sense organs due to their hankering after worldly objects has to be restrained and directed inwards toward the source of all existence. This process is putting the sense under restraint.

Dhahran (Concentration)
It means focusing the pure mind one one's personal deity or on the individual self. The practice of Dhahran helps the mind to concentrate on a particular object.

Dhyana (Meditation)
When one sustains and maintains the focus of attention through Dharana unbound by time and space, then it becomes dhyana (Meditation). 8. Samadhi (Self-realization): In this one's identity becomes both externally and internally immersed in meditation. Supreme happiness, free from pleasure, pain or misery, is experienced. Samadhi is the climax of Dhyana.

IMPORTANCE OF YOGA

The origin of yoga dates back to the early days of human civilization and represents one of the intangible aspects of India's spiritual heritage. Yoga facilitates attainment of self-realization and harmony. Man is a physical, mental, and spiritual being, yoga helps promote a balanced development of the three. Yoga can be practiced by any individual, irrespective of the background, who is ready to transcend the self and attain enlightenment. The practice of yogic exercises increases self-awareness, bestowing on every aspirant the power to control body and mind. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxing. It also helps in increasing flexibility, muscle strength, and body tone. It improved respiration, energy, and vitality. The practice of

yoga reduces stress and tension in the physical body, thereby making us emotionally stable. Breathing exercises help to control the bodily functions and steady the mind. Yoga postures can foster strength, stamina, and flexibility of one's body and can contribute to the efficient functioning of all body organs and systems. They can stimulate healing by accentuating the process of clearance of toxins and channelizing the flow of energy.

Improves the Purity of the Body

Various yogic exercises can detoxify the human body and the internal organs. Substantially, our body comprises three elements, that is, kaph, pit, and vaata proper balance of these three elements can ensure a healthy lifestyle. Few examples of yogic exercises that help in detoxification can be Neti, Dhoti, Nauli, Dasti, Kapaalbhati, Tratak, etc.

Makes Mentally Strong

Yoga can be one of the powerful methods of stress relief. It reduces deep-seated mental and emotional tensions. Pratyahar, Dharana, and Dhyan play a key role in attainment of peace of mind. Vajrasana, Shavasana, Padamasana, Siddhasana, and Shalabhasana are very beneficial for releasing mental stress from the body.

Yoga Relaxes Body and Mind

Yoga can make one feel relaxed, restored, and rejuvenated. It pulls stress and negative energy out of the body. Shavasana, Makarasana, Padamasana, and nadam Sadhona are yogic exercises good for relaxation and reducing mental fatigue.

Yoga Cure and Prevention from Disease

Yoga can improve the quality of life and help alleviate some chronic diseases by promoting relaxation and overall fitness. Yoga can have profoundly positive impact on people suffering from diseases such as bronchitis, myalgia, neurasthenia, arthritis, high blood pressure, and leprosy. Vajrasana, a yogic exercise, can lower the diabetic levels, further exemplifying the positive impact of yoga.

Yoga Tone the Body

Yoga is commonly regarded as a wonderful option to obtain a toned physique. Practicing yogic asanas can give a limber look, while improving cardiovascular wealth and overall wellness. High-intensity yogasanas can help building strength. Mayurasana can be helpful for lifting facial beauty, adding to one's glamour.

Yoga Keeps the Correct Posture of Body

The true essence of yoga revolves around elevating the life force or "kundalini" at the base of the spine. Today's modern lifestyle has strained the spine by keeping it curved for longer time. Sedentary jobs, long working hours, and excessive use of gadgets make our body more slouch and hunched and bring postural deformities. A correct body posture keeps a body in shape and helps in maintaining a smart, confident appearance. Regular yoga practice brings awareness about one's body.

Yoga Helps in Spiritual Development

Yoga brings synchronization of mind and body, creating a sense of calmness. The practice of yoga perpetuates composure, tranquility, and control over mind.

YOGA PROMOTES PHYSICAL HEALTH AND LONGEVITY OF A SPORTSMAN

Yoga is a powerful instrumental force that helps to prepare the body, mind, and reflexes of a sportsperson. It is the "pranaic" forces where the "Nadis" (channels of the body) are cleansed, keeping the mind and body healthy. "Pranamaya" contributes to greater energy transmission and improving concentration. Yoga is not only a form of exercise but also it relaxes the body as well, from tension and stress. It also helps to strengthen joints and spine along with the nervous, digestive, and cardiovascular system. Yoga actually helps in an all-round development of the mind and body and prepares a sportsperson for better reflexes and performances.

CONCLUSION

Yoga is a process of bringing mind and body to synchronize to gain good health, balance of mind, and self-realization. It heals our mind and liberates our soul. With proper understanding and regular practice, one can reach the zenith of physical and mental fitness. Sound mental and physical capabilities are a result of maintaining a balance among exercise, diet, and relaxation. Although yoga has the potential power to make us lead a healthy lifestyle, add to our vigor, still most people lack the knowledge of systematic practice of yoga.

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Effect of 4 Weeks Isometric Practice on Flexibility and Agility of Football Players

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ABSTRACT

The purpose of this study was to determine the effects of 4 weeks isometric practice on flexibility and agility of football players. **Subjects and Methods:** The method of this study was experimental research and the sample was 20 female football players of Vijayapura (19–22). The result shows that there were significant effects on flexibility and agility of isometric practices.

Keywords: Agility, Flexibility, Isometric.

1. INTRODUCTION

Isometric training refers to the method of training, in which there is no change in the joint angle. Without movement, great musculotendinous tension can still occur, thus creating a training effect on the body. Although isometric means same distance training, the movement will occur in the form of shortening of the muscle fibers due to the contractile properties of the muscle. Properly performed isometric training is not just holding a position while looking at the clock for a set period of time. In fact, a focused maximal activation of a muscle or group of muscles is required to properly perform an isometric exercise.

SIFF states, in his book super training, "isometric contraction requires a muscle to increase its tension from rest to a maximal or submaximal value over a certain time, to sustain this tension for another period, and to decrease this tension to rest or lower value." It is this increase in tension and maximal activation of muscle fibers, which gives isometric training a place in any performance, based athletic training system. Isometric exercise is a strange concept that may well go against everything you have been lead to believe about exercise, weight loss, and muscle building. Normally, when you think of going to the gym or doing a workout, you imagine something fairly active with lots of lifting, sweating, and running. Well, isometric exercise is actually the complete opposite of this image (except for the sweating) and involves working out without moving.

On the other hand, isometric exercise refers to something more precise holding still, often under conditions of substantial or maximum resistance. Holding any weight and keeping it still, neither allowing it to fall nor raising it, is an isometric exercise for the same muscles. Moreover, isometric exercise is also exemplified by any and every hatha yoga posture, which you are holding steadily with muscular effort. Fred Kelley defines "An isometric exercise is one, in which the resistance produces a tremendous amount of tension within the muscle itself. This resistance could consist of any object too heavy to move." Gene hook defines "A method of strength development which attains overloading of the muscle by matching one part of the body against another. This is a type of muscular contraction, in which the muscle does not decrease in length." After analyzing the above definitions, the researcher asserts that "isometric exercise is the development of tension within a muscle by the application of resistance. However, if the resistance is greater than the amount of force exerted by the muscle, technically, there will not be any change in its length." The purpose of this study was to determine the effects of 4 weeks isometric practice on the flexibility and agility of football players between 19 and 22 years old. It was hypothesized those 4 weeks isometric practice will increase flexibility and agility of football players.

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2. METHODOLOGY

To achieve the purpose of this study, 20 female football players were selected from between 14 and 16 years old. They were administered the training program of Isometric practice for 4 weeks, that is, 5 days a week in the morning and evening time for 1 h. The data pertaining to the criterion variable were taken before administering the training program of 4 weeks in relation to flexibility and agility. The standard tests were applied to collect data for the above said variables. After the completion of training, post-test data were taken on all the variables. The following tests were administered for the data collection on selected variables.

2.1. Bend and Reach

To measure the flexibility.

2.2. Shuttle Run

To measure the speed.

The collected data were analyzed with the help of SPSS computer software. Mean, standard deviation, standard error of mean, and "t"-test were used to compare the pre-test and post-test data.

3. RESULTS

The following section of the report presents tables given a view of the outcome of the study. The value of the paired statistic of flexibility is given in Table 1 and agility is in Table 2.

Table 1 shows that mean, standard deviation, and standard error of mean with regard to pre-data on flexibility were recorded 2.20, 0.83, and 0.18, respectively, wherein case of post-data the same was recorded as 3.35, 0.74, and 0.16, respectively, and "t"-test ratio 7.667 was found statistically significant at 0.05 level.

Table 1: Descriptive statistics of pre-isometric versus post-isometric groups of football players in relation to flexibility (age groups 14–16)

Group	*n*	Mean	SD	S.E. Dm	t. trio.	d.f
Pre-test	20	2.20	0.83	0.18	7.667*	19
Post-test	20	3.35	0.74	0.16		

*Significant "t"=0.05

Table 2: Descriptive statistics of pre–isometric versus post-isometric groups of football players in relation to agility (age Groups 19–22)

Group	*n*	Mean	SD	S.E. Dm	t. trio	d.f
Pre-test	20	12.56	0.24	0.05	7.735*	19
Post-test	20	11.51	0.58	0.13		

*Significant' 0.05

Table 2 indicates that mean, standard deviation, and standard error of mean with regard to pre-data on agility were recorded 12.56, 0.24, and 0.05, respectively, wherein case of post-data the same was recorded as 11.51, 0.58, and 0.13, respectively, and "t"-test ratio 7.735 was found statistically significant at 0.05 level.

4. CONCLUSION

On the basis of the results obtained, the following conclusions are drawn:

- There is a significant improvement in the flexibility of football players after 4 weeks isometric practices. Hence, the hypothesis is accepted.
- There is a significant improvement in the agility of football players after 4 weeks isometric practices. Therefore, the hypothesis is accepted.

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Dos in Physical Education and Sports Science
Karnataka State Akkamhadevi Women's University Vijayapur

EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISE ON PERFORMANCE VARIABLES AMONG MALE CRICKET PLAYERS

ABSTRACT

The purpose of the study was to find out the effects of yoga practice and physical exercise on performance among male cricket players. To achieve the purpose of this study, forty eight college cricket players studying in various colleges affiliated to Karnataka State Akkamhadevi Women's University Vijayapur were randomly selected as subjects. Their age ranged from seventeen to twenty years. The selected subjects (N=48) were divided into three equal groups and named Group–I as yogic practice group, Group–II as physical exercises group and Group–III as control group each group consisting of sixteen subjects. Subjects in the Group-I underwent the yogic practice, subject in the Group-II underwent the physical exercises and subjects in the Group–III did not go through any specific yogic (or) physical exercise but their regular practice. During the training period, training was given for both experimental groups, the yogic practice and physical exercises were given for twelve weeks, five days per week for forty five minutes each day in the morning session under the supervision of the investigator. The performance variables namely playing ability. The performance of each cricketer was subjectively rated by the three qualified coaches in a ten point scale. The data was collected before and after the experimental treatment. Analysis of covariance (ANCOVA) was used to analyse the collected data. Scheffe's test was followed as a post hoc test to determine the level of significant difference between the paired means. All of the statistical analyses were computed at 0.05 level of significance. Yogic practice and physical exercises groups had shown significant changes in speed and agility when compared to control group among male cricket players. Physical exercise group are better than yogic practice on speed and agility among male cricket players.

KEY WORD: - Yoga, physical exercise, speed and agility

Introduction

In sports, training is generally understood to be synonym of doing exercise. In a narrow sense training is physical exercise for the improvement of performance. Training involves constructing an exercise programme to develop an athlete for a particular event. Many studies have reported that physical exercises would improve physical, physiological, psychological and performance parameters in most of the sports. Opined that training is a programme of exercise designed to improve the skills and increase the energy capacity of an athlete for a particular event.

Yoga is a complete system of physical, mental, social and spiritual development. For generations, this philosophy was passed on from the master-teacher to the student. The first written records of the practice of yoga appeared around 200 B.C. in yogasutra of Patanjali. Thesystem consisted of the eightfold path or Asthangayoga (Manikandan, & Sethu, 2017)

To develop various skills in cricket among players certain specific yogic practice can be of great help for a greater performance and general fitness. Yoga is skill in action and a practical philosophy that aims at uniting the body, mind and spirit for health and fulfillment. It is a methodological effort towards self-perfection. It helps in

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expanding the limits of our consciousness and gain mastery over mind. Yoga as such provides a complete philosophy for living for it, comprises techniques that act as our mind and emotions.

Purpose of the study

The purpose of the study was to find out the effects of yoga practice and physical exercise on performance among male cricket players.

Methodology

To achieve the purpose of this study, forty eight college cricket players studying in various colleges affiliated to Karnataka State Akkamhadevi Women's University Vijayapur were randomly selected as subjects. Their age ranged from seventeen to twenty years. The selected subjects (N=48) were divided into three equal groups and named Group–I as yogic practice group, Group–II as physical exercises group and Group–III as control group each group consisting of sixteen subjects. Subjects in the Group-I underwent the yogic practice, subject in the Group-II underwent the physical exercises and subjects in the Group– III did not go through any specific yogic (or) physical exercise but their regular practice. During the training period, training was given for both experimental groups, the yogic practice and physical exercises were given for twelve weeks, five days per week for forty five minutes each day in the morning session under the supervision of the investigator.

The performance variables namely playing ability. The performance of each cricketer was subjectively rated by the three qualified coaches in a ten point scale. The data was collected before and after the experimental treatment. Analysis of covariance (ANCOVA) was used to analyze the collected data. Scheffe's test was followed as a post hoc testto determine the level of significant difference between the paired means. All of the statistical analyses were computed at 0.05 level of significance.

Analysis of the data

Table 1: Analysis of covariance of pre, post and adjusted post-test means of yogic practice, physical exercises and control groups on performance

Test	Yogic practice group	Physical exercises group	Control group	SOV	SS	Df	MS	F-ratio
Pre test								
Mean	Mean	4.80	4.81	4.76	B.M.	0.01	2	0.02
SD (±)	SD(±)	0.60	0.58	0.	W.	15.	4	
(±)	±)			56	G.	50	5	
Post test								
Mean	Mean	5.93	5.21	4.65	B.M.	13.18	2	16.78*
SD (±)	SD(±)	0.88	0.40	0.47	W.G.	17.7	45	
Adjusted post test								
Mean	Mean	5.93	5.21	4.64	B.S.	13.21	2	16.78*

SOV – Source of variance SS – Sum of square df – degrees of freedom MS – Mean square B.M. –Between mean W.G. Within groups B.S. – Between sets W.S. – Within set

*Significant at 0.05 level of confidence. (The table values required for significance at 0.05 level of confidence for 2 & 45 and 2& 44 are 3.20 and 3.21respectively).

The table I shows that the obtained 'F' ratio 0.02 for pre-test means was less than the table value, 3.20 for df 2 and 45 required for significance at 0.05 level of confidence on performance. The obtained 'F' ratio 16.78 for post-test means was greater than the table value 3.20 for df 2 and 45 required for significance at 0.05 level of confidence on performance. The obtained 'F' ratio of 16.46 for adjusted post-test means was greater than the table value of 3.21 for df 2 and 44required for significance at 0.05 level of confidence on performance. The results of the study indicated that there was a significant difference among the adjusted post-test means ofyogic practice, physical exercises and control groups on performance.

Table 2: The scheffe's post hoc test for the difference between paired means of yogic practice, physical exercises and control groups onperformance

Yogic practice group	Physical exercises group	Control group	MD	CI
5.93	5.21	-	0.72*	0.50
5.93	-	4.64	1.29*	
-	5.21	4.64	0.57*	

*Significant at 0.05 level of confidence.

The table II shows that that the mean difference values between yogic practice group and physical exercises group, yogic practice group and control group and physical exercisesgroup and control group are 0.72, 1.29 and 0.57 respectively which are greater than the confidence interval value 0.50 at 0.05 level of confidence. The results of the study showed that there was a significant difference between yogic practice

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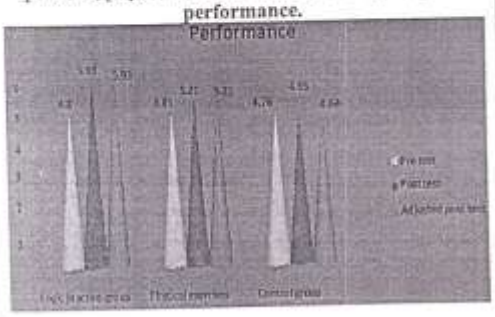
group and physical exercises group, yogic practice group and control group and physical exercises group and control group on performance. The results of the study showed that the yogic practice group is better than physical exercise on performance among male cricket players.

Fig 1: The pre, post and adjusted mean values of yogic practice, physical exercises and control groups on performance.



Discussion on Findings

The results of the study indicated that the experimental group's namely yogic practice and physical exercises had a significant influence on performance among male college cricket players. Also yoga practices group are better thanphysical exercise on performance among male cricket players.The findings of the present study were supported by many research findings Sethu (2016a), Rajkumar (2007) Balaji (2008) , Manickam (2009), Sisodiya, *et al*. (2005) and Sethu, (2016)

Conclusions

From the analysis of the data, the following conclusions weredrawn

1. The cricket players of the yogic practice and physical exercises groups had shown significant changes in performance when compared to control group among male cricket players.
2. The group yogic practice was better than the physical exercise group on performance among male college cricket players.
3. The control group had not shown significant change on performance among male college cricket players.

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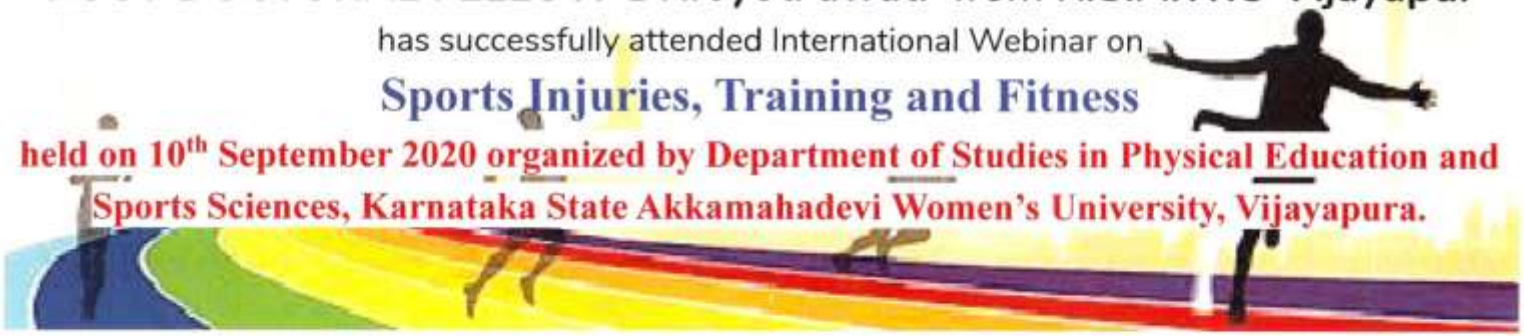

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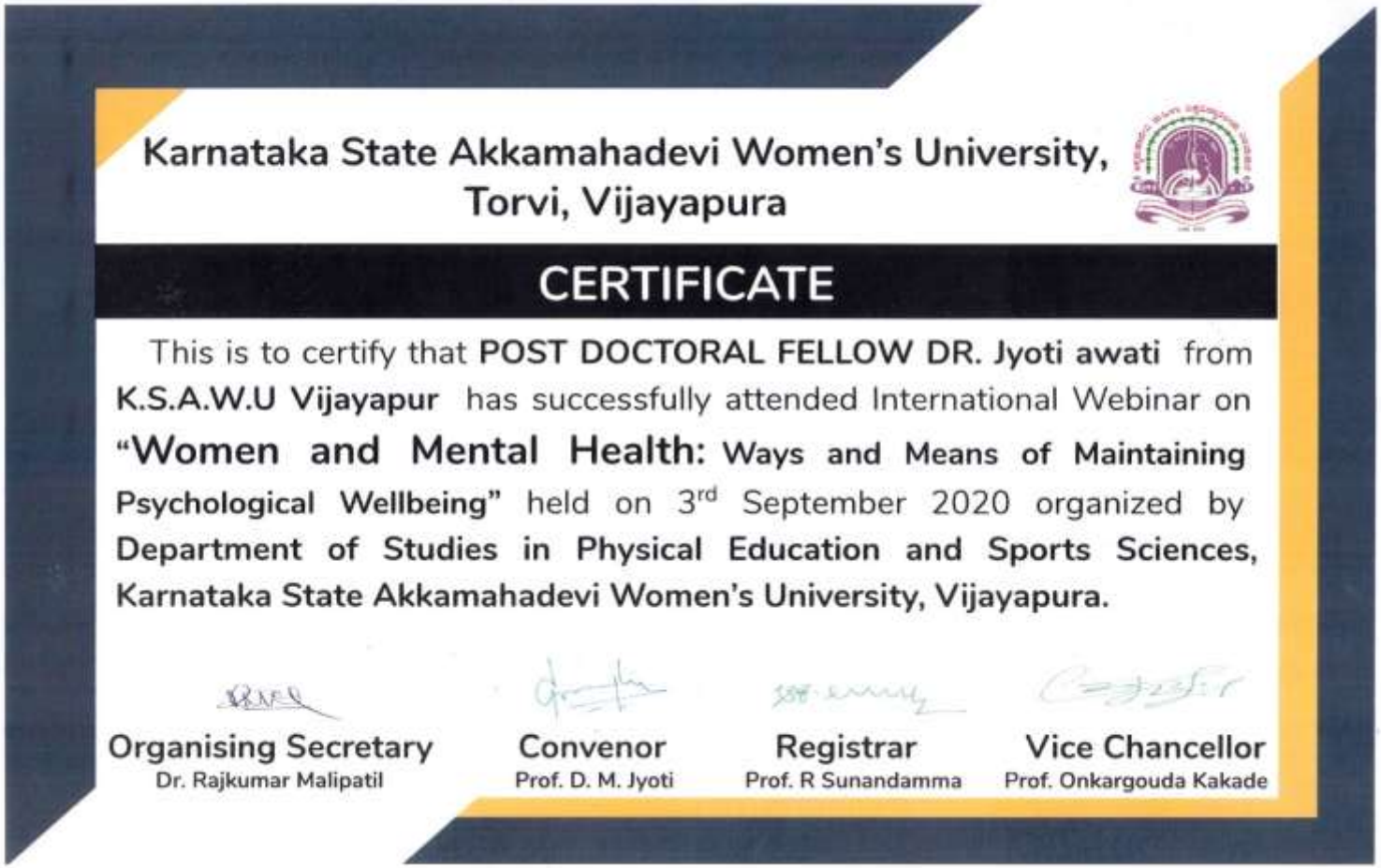

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